



Week 6 Tuesday 5th March 2019

Just a reminder please do NOT bring rice or nut products to school due to the severe Anaphylactic allergic reactions to some of our students - *thank you.*

### From the Principal

Dear parents and caregivers

#### School Development Days in 2019

Each school year teachers have FIVE School Development Days, otherwise known as pupil-free days when teachers participate in professional Learning or planning workshops.

These usually occur on the first day of the school year, Day 1 of Term 2 and Day 1 of Term 3. There are also two School Development Days in Term 4 -these days will be scheduled on 19 and 20 December. These days can be varied on approval from the Director, Educational Leadership and in consultation with the school's parent groups.

So that teaching staff finish the 2019 school year on the same day as students (Wednesday 18 December), and in accordance with DoE policy on School Development Days, teachers will be participating in FOUR after school Professional Learning workshops in order to shed the 19 and 20 December. Two after school workshops have been set down for this term (11 February and 3 April). Two more after school sessions will be scheduled later in the year.

#### Head Lice Check- Thursday 7 March

I will be conducting a head lice check on Thursday 7 March. Please write to me before 7 April if you do not want your child to have their hair checked.

Please be advised that the check is by no means a thorough investigation as it is acknowledged that the removal of nits and lice and vigilant hair inspections are the primary responsibility of parents and carers.

Head lice are very contagious and move easily between children and are especially apparent during hot weather. In my opinion, it's good practice to check your child's hair regularly and treat if needed. There are many safe remedies available that cure and prevent head lice that are not so full of potent chemicals. Remember, head lice have no economic, social or suburban boundaries- they love all hair, especially long hair.

Continued on the next page ....

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**Forms are now DUE BACK.**

**The Swap It program will be at school on Tuesday 18th March**

**Helping Improve Your Child's Health**

Forms are still available at the Office

# Thank You!

*Thank you to the Swansea Rugby League Club for donating water bottles, carry bag and ball in appreciation for the effort all our students put in at the recent Paul Harragon Cup day.*



### Whole School Assembly

Every Friday 9 am to 9:30 we hold a whole school assembly to which everyone is welcome!



## from the Principal continued ....

### Parents beware: Momo Challenge

It has come to our school's attention that there is a horrific virus -Children have been telling each other that it can be accessed through YouTube and YouTubeKids. It is called MOMO Challenge. It is indeed shocking- the messages are very troubling and will be upsetting for all children especially those children who are naturally anxious or very sensitive!! I have been provided information from teachers that MOMO Challenge is indeed a hoax, though I have no evidence that it is or is not a hoax. Please take care.

### Parent- Teacher Conferences Term One Weeks 9, 10 and 11 of this term

In Weeks 9, 10 and 11 of this term (25 March to 12 April) class teachers will be conducting Parent-Teacher Conferences for students and developing 2019 Personalised Learning Plans for Aboriginal students. Class teacher schedules and timetables will be distributed through Skool bag so that you can choose a preferred time. I encourage you to make a time with your child's class teachers to discuss your child's learning progress and achievement. Teachers will send a note in the very near future that will allow you to book a time.

### My retirement

Just a quick note at this stage of the year, to let the school community of Swansea Public School know that I have submitted my retirement from teaching. Whilst I have mixed feelings about leaving the job I love and have loved for almost 40 years, I am looking forward to the next phase of my life. My retirement will be effective from the beginning of Term 3 of this year.

### Approaching the school

I am placing a repeat of the *Approaching the School* guidelines that were placed in the last newsletter.



**Good for kids**  
good for life

Helping Improve Your Child's Health

**Consent forms now due!**  
Swansea Public School has been partnering with the Good For Kids program to encourage healthy eating and physical activity in children.

To see if this program changes what children eat you are invited to take part in some research being conducted within the school. A team of researchers will attend the school to take a snapshot of the types of foods being packed in the lunchbox and Year 5 & 6 students will be invited to participate in a survey. An information letter and consent form was sent home a few weeks back.

If you are happy for your child to participate, we ask that you complete one consent form per child enrolled at this school no later than Friday 22nd February.

You can also provide consent by clicking [here](#)

If you have any questions about this research please contact  
Nayerra Hudson on 4924 6064  
[Nayerra.hudson@hnehealth.nsw.gov.au](mailto:Nayerra.hudson@hnehealth.nsw.gov.au)



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## Approaching the School - Guidelines for parents and carers

In an effort to improve our communication with parents and carers, the school has developed a document called "Approaching the School- Guidelines for parents and carers". This document is a guide to assist parents/carers when contacting the school and covers a variety of areas. It is hoped that this document will provide clear directions and opportunities for both parents/carers and staff to streamline meeting procedures and to ensure that all people in-

Concern	APPROPRIATE ACTION
<b>The academic progress of my own child</b>	<p>Directly contact your child's teacher either by note, phone or email at:  <a href="mailto:Swansea-p.school@det.nsw.edu.au">Swansea-p.school@det.nsw.edu.au</a></p> <p>Or in person to arrange a suitable time to discuss any issues.</p>
<b>The welfare of my own child (you can only discuss your own child)</b>	<p>Directly contact your child's teacher to clarify information. The Assistant Principal and Principal are available to discuss complex or ongoing issues.</p> <p>Contact the school office so a mutually agreeable appointment time can be arranged.</p>
<b>Change of personal details</b>	<p>Please contact the school office to inform change of address, telephone number, emergency contact, custody details, health issues etc. Email is suitable.</p>
<b>Actions of other students (do not approach other parents of students)</b>	<p>Contact the class teacher for a classroom or playground problem.</p> <p>Contact the Assistant Principal for ongoing playground problems.</p>
<b>School procedures, policy or practice</b>	<p>Contact the school office. State nature of concern. The appropriate member of staff will contact you to discuss further.</p>
<b>Actions of a staff member</b>	<p>Contact the school office. Speak to the Principal only. An appointment will be made if necessary.</p>



# AGM

**Swansea Public School P&C Association Annual General Meeting  
Wednesday, 13 March 2019 at 6pm  
Swansea Public School – Staff Room**

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The 2019 Annual General Meeting of the Swansea Public School Parents and Citizens' Association will be held on Wednesday 13 March commencing at 6.00pm.

All current office bearer roles will be declared vacant and nominations called for the following positions:

- President
- Vice President
- Secretary
- Treasurer

Nominations will also be sought for membership of the following P&C Sub-Committees:

- Social & Fundraising Committee
- Uniform Coordinator

All current P&C members are encouraged to attend the AGM to vote and/or nominate for vacant positions on the executive and sub-committees.

The AGM is open to all parents and carers who wish to attend, however only financial members are eligible to vote and/or nominate for vacant positions.

**At the completion of the AGM the March general meeting will be held.**





# Paul Harragon Cup 2019

On Tuesday 26th Feb, 14 dedicated young men and 2 young ladies from Swansea P.S travelled to Windale Oval to compete against 22 other schools in the annual Paul Harragon Cup.

When we arrived, I was under the impression that Windale receives more rain than anywhere else in the Newcastle area, as the green surface of the pitch was outstanding!

To say the kids were excited was an understatement! I'm not sure if this was because they had the opportunity to be face to face with two legends of the game; "The Chief" Paul Harragon or the groundsman of the Windale rugby league club, Bernie.

After the national anthem and paying respect to the traditional owners of our land, our students went on to play 8 gruelling rugby league games. Even though we weren't the most experienced team on the day, our boys and girls confidence grew with every game.

Through the roller coaster of events and nail biting finishes, Swansea P.S came away with 5 outstanding wins. We finished 2<sup>nd</sup> in our pool which left us one game short of making the finals and I couldn't be prouder.

Thanks so much for all the support from parents and caregivers who attended on the day. Swansea P.S had one of the largest cheer squads showing what an amazing community we have.

To the ladies and gentleman who gave it their all on the field - Congratulations! The manner in which you represented our school made us extremely proud and with the feedback from players and parents we will definitely be back next year.



**Job  
well  
done!**



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# Goal 14 Challenge it is really easy!

To fit in with our school participation with Clean Up Australia Day, we have Chosen Goal 14 this week.

Take 3 for the Sea is a wonderful group started by some Central Coast residents and is a great and easy idea everyone can follow to help keep the sea and our beautiful Lake Macquarie safe from plastic pollution and damage.

To take part it is really easy:

## TAKE 3

Take 3 pieces of rubbish with you when you leave the beach, waterway or ... anywhere, and **you have made a difference.**



SPS Global Goals Committee would like everyone who goes near the beach or the lake this week to "Take 3" pieces of plastic or rubbish with them when they leave.



Don't forget to visit Swansea Public School's Global Goals website

<https://globalgoalssps.weebly.com>

Lots of photos, videos, information and fun to explore while learning about the Global Goals!

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## SPS Global Committee Food Drive

What a wonderful response to our Food donation drive for Global Goals 1 and 2.



The Global Goals committee decided to donate to Swansea Community Cottage, who serve the Swansea community and have recently lost their emergency relief funding.

## Stewart House Donation Drive



### Stewart House Donation Drive 2019

Your donation supports the 1,700 children who attend Stewart House each year from public schools across NSW and the ACT.

“Stewart House was one of the highlights of my teenage years and I met so many people I am still friends with today. The dedicated staff that run this program are amazing.”

- Past student, Facebook review 2/10/2018

NSW Public Education's  
Charity of choice

Win a \$4,000 holiday to a destination of your choice

- Place a \$2 coin or equivalent in this envelope
- Complete entry details on the back
- Return to your school to be eligible for the draw



All entries must reach Stewart House by Friday 31st May 2019 in time for the draw at 12pm on this date

Envelopes will be coming home with your eldest child.

For those who return the envelope with a \$2 coin donation, you will go in a draw for the chance to win a family holiday valued at \$4,000

**Please return to school  
by 10th May**

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# Clean Up Australia



**Thank you to all our students and staff who took part in cleaning up.**

**Kinder to Year 2 were in the school grounds and Years 3 to Year 6 walked along the channel.**

**We had bags and bags of rubbish that were put into the garbage bin and did not end up in the channel polluting our waterways.**

**They did a great job and we are proud to do something for our community!**



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# PBL

**Positive Behaviour for Learning (PBL) – What's the buzz this week?**

## **Focus – Be Safe and Responsible**



During the next fortnight we will revisit 'Being Safe and Responsible'.

'Being Safe and Responsible' encourages students to be safe and responsible in all areas, including the playground, assemblies and the classroom.

It is fantastic to see so many students receiving class awards at the Friday morning whole school assembly for 'being safe and responsible'.

**Congratulations to all students for striving to do well by being respectful, being an active learning and being safe and responsible!**

## Beetroot Hummus 3M Recipe

### **Ingredients**

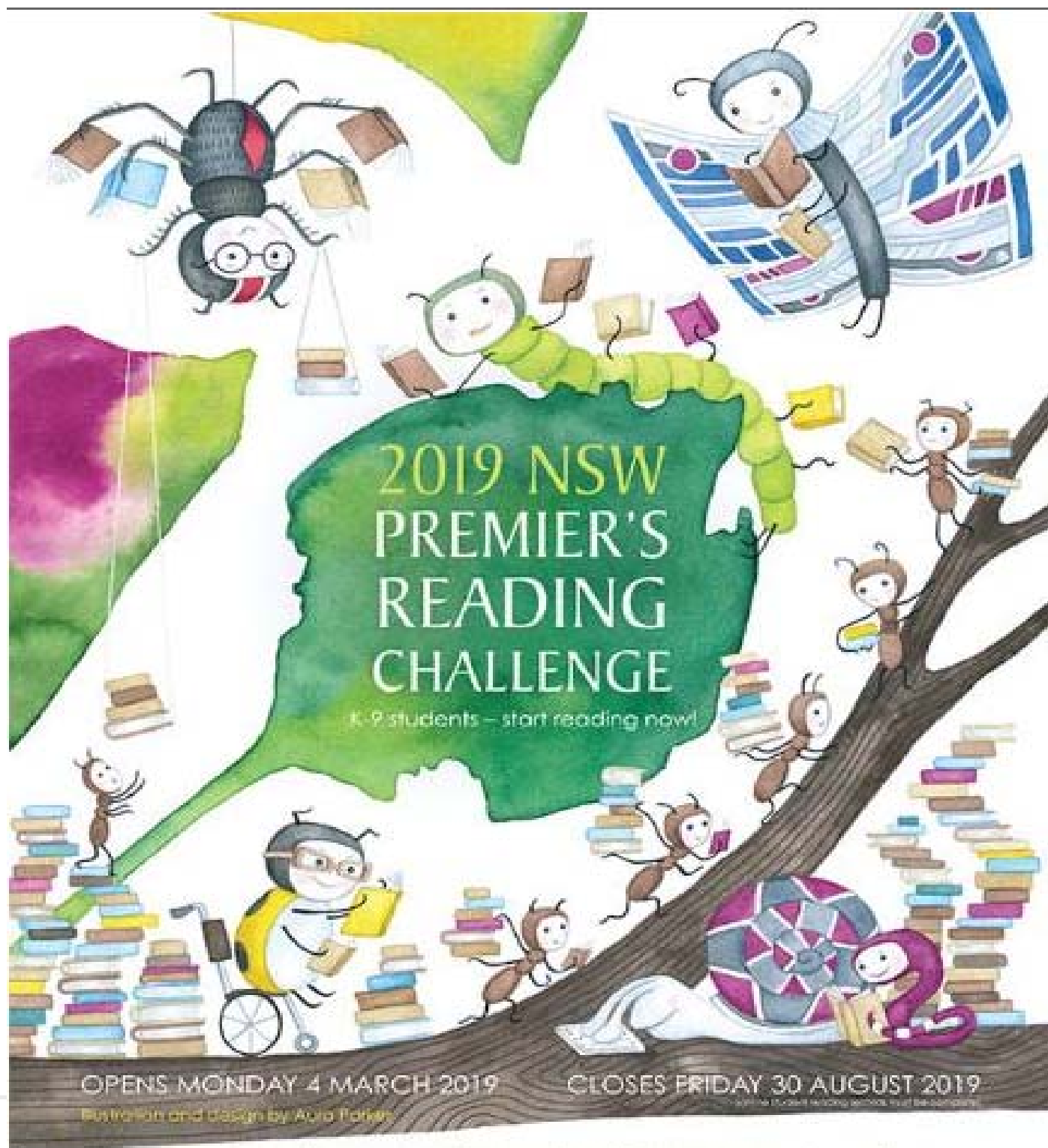
450g can chopped beetroot, drained  
400g can chickpeas, rinsed, drained  
2 garlic cloves, roughly chopped

1 tablespoon tahini (sesame paste)  
1 tablespoon lemon juice  
2 tablespoons olive oil  
4 carrots, chopped into sticks

### **Method**

1. Place the beetroot, chickpeas, garlic, and tahini and lemon juice in the bowl of a food processor and whiz to a coarse paste. With the motor running, slowly add the oil through the feed tube until mixture is thick and smooth.
2. Chop carrots into sticks.
3. Serve the dip with carrot sticks or crackers.
4. Other flavours can be made instead of beetroot. Add carrot for carrot hummus or corn and spinach.





[www.premiersreadingchallenge.nsw.edu.au](http://www.premiersreadingchallenge.nsw.edu.au)



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# STEM Class & Recording Information

5/4 Stem has been researching, collating and recording information to store in a time capsule. We worked in groups to survey and present which information is relevant and how information is stored. We also conducted a simple experiment to investigate which metals are suitable for a time capsule.



On Thursday 28th February we had a special visitor, his name is Jason Butterworth. He was here to speak to us about how he stored data where he used to work. He told us how his company has information about where you and our parents live and how many people are in your family.

Jason also told how people stored lots of data on tapes. Although there is a robot who helps find the numerous tapes for them, it does break down and the robotic arm stops in an Egyptian pose until someone comes and fixes it!



On behalf of our STEM class thank you Jason for helping us understand how information is stored and used in our world. *Reported by Tia and Dilara*



## Community Notices



### **ENROL FOR 2019 CLASSES!**

Classes Held at Swansea Public School  
Classes from \$6 \* Try your First Week FREE!

#### **Wednesday**

Classes For 5-12 Yrs

3:15pm - Jazz

4:15pm - Hip Hop

4:45pm - Contemporary



0401473 457 / [www.jbdance.com.au](http://www.jbdance.com.au) / [jessie@jbdance.com.au](mailto:jessie@jbdance.com.au)

## *Beauty Enhanced*

**SWANSEA PH: 4972 1202**

[www.beautyenhanced.biz](http://www.beautyenhanced.biz) or

**beautyenhancedswansea @ Facebook**

### **SPRING SPECIALS**

Express Facial \$35

Spa Pedicure with Eyebrow shape & tint \$57

Eyelash extensions \$49

All Your Beauty Needs

Waxing / Tinting / Nails / Eyelash extensions

Facials / Spray Tan

## Community Notices

# 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.



**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)

Part of the House of Travel Group ACN: 113 085 626 Member: IATA, AFTA, CLIA

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# Term 1 Upcoming Events

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>W e e k  6</b>	4	5	6  Guitar lessons	7  Head lice check Hackathon Excursion	8  Whole school assembly 9am	9/10
<b>W e e k  7</b>	11	12  Swap it Program	13  Guitar lessons <b>P&amp;C AGM 6pm</b>	14  Integration Funding & Support meeting	15  Whole school assembly 9am	16/17
<b>W e e k  8</b>	18  Stewart House Camp	19  Yarning Circle Day 1	20  Yarning Circle Day 2 Under 10 Rugby League Guitar lessons	21	22  World Water Day Whole school assembly 9am	23/24  <b>NSW State Elections P&amp;C BBQ</b>
<b>W e e k  9</b>	25  Parent Teacher Conferences	26	27  Lock down drill Guitar lessons	28	29  Whole school assembly 9am	30/31
<b>W e e k  10</b>	1st April  Parent Teacher Conferences	2	3  Evacuation drill Guitar lessons	4	5  Whole school assembly 9am	6/7
<b>W e e k  11</b>	8  Parent Teacher Conferences	9	10  Guitar lessons P&C Meeting 6pm	11  ANZAC Day Service 12 o'clock @school	12  Easter Hat Parade 12 o'clock Last day of Term 1	13/14