

SCHOOL NEWS



Term 3 - Week 10
24th Sept 2018

7 Banksia Street Stuarts Point NSW 2441
T 6569 0627 F 6569 0534

E stuartspt-p.school@det.nsw.edu.au



Congratulations to Aidan Lilly who came second at the **North Coast Regional PSSA Athletics Carnival** in shot put. We wish Aidan the best of luck for the State Carnival at Homebush next term.

We hope that all our families have enjoyed using their **Literacy and Numeracy packs** as part of Home Play. I know the students I have spoken to were having fun playing Scattergories.

'Find your Treasure' was the theme for **Book Week 2018**. Students from both Stuarts Point Public School and Preschool came dressed as a character from their favourite children's book and delighted our audience with their performances on stage. Thanks to Mrs Vanderjagt for organising our event and to our school captains who so capably led our assembly.



Thank you to all of our students and parents who have participated in surveys recently. As a school we appreciate your commitment 'Towards Greater Heights' by providing us with information and feedback. Please keep an eye on the **Parent TTFM** participation thermometer as we strive to reach our goal of 32 family surveys returned in 2018.



These surveys help our school to better understand how to improve student wellbeing and engagement helping guide and inform our Strategic Directions and School Plan.

Five lucky students recently attended an **art workshop** at Medlow PS. Kara, Kirra, Ashlyn, Oscar and Evie all travelled out to Taylors Arm to learn new skills in the art of drawing and painting landscapes under the skilled guidance of a high school art teacher.



The project was organised on behalf of the Valley 10 Community of Schools and the theme was 'The Valley'. Each student was asked to choose a photo of a landscape and reproduce it in drawing and then paint it on canvas. When completed the final paintings will be framed and hung at the Nambucca Entertainment Centre in November.

September is **National Fruit and Vegetable Month** and we have been encouraging students to pack lots of fresh fruit and vegetables in their lunchboxes. Thank you to our awesome families who have supported this initiative as it is important to emphasise the importance of these food groups in a healthy diet.

Last Wednesday students from Yr6 attended the first of their **transition** days to Kempsey High School. They met teachers, attended classes and were exposed to some of the routines for next year. They had a great day and look forward to the next high school visit.

SRC held their '**Come as a Farmer Day**' and trivia afternoon last week. Everyone looked amazing and had a fun afternoon using their general knowledge to answer all the questions. SRC would like to say a massive thank you to everyone who has helped us to support our Australian farmers this term.

Our students will be involved in the annual **Fire Safety** workshop tomorrow. We thank these volunteers for always giving up their time to engage our students in hands-on, practical activities that could one day save their lives. This is also a timely reminder to chat as a family about your bush fire preparedness.

As this term comes to an end, all students are getting ready for the **Jump Off Day** on Friday 28th September. We would like to welcome families to come along and join us, as we skip along to some music for our annual Jump Off Day. We will commence skipping at 9:00am. Students will rotate through a variety of skipping stations, where they will be able to exhibit the skipping skills we have learnt this term.

Have a safe and happy holiday break and we will see everyone back on Monday 15th October for the commencement of Term 4.

Thanks for your continued support. *Tonya M Worling*

Merit Awards



Jessica, Kimberly, Tahla, Alex, Annie, Ryley



Win Bin

Bianca, Chanelle, Balin

FISH Award

Be There

Bianca, Mackindi, Evie



Take Home Reading Reward System

125 Nights: Summah, Tara

175 Nights: Jett

200 Nights: Holley



A huge thank you to all our wonderful families who supported the **Working Bee**.

Our freshly painted picnic tables and freshly mulched garden beds look stunning. Well done for helping our school environment

Messages

REMINDERS: Schools are enclosed lands and therefore no-one is allowed to enter after school hours. If you see strange or suspicious events please report them to the School Security Unit. Phone: 1300 880 021



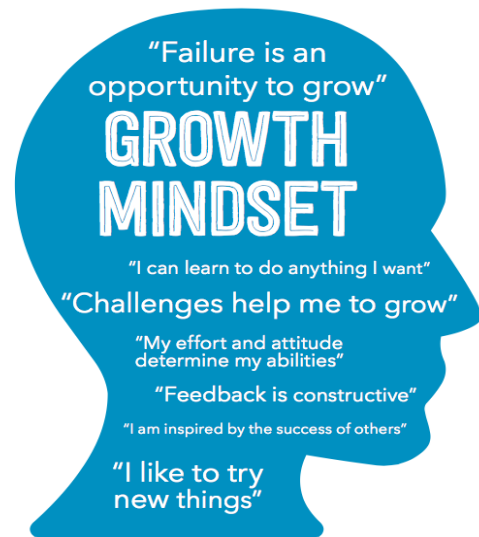
School photos will be taken Tuesday 23rd October. Parents can assist by returning photo envelopes when they are handed out and ensuring your child is dressed in full school uniform. **GIRLS:** blue school shirt and maroon or check shorts or maroon check tunic. **BOYS:** blue school shirt and grey shorts. Students may wear their black school shoes with either white or blue socks. If the weather is cool, maroon school jumpers may also be worn.

Platinum Award

As a final activity for this term, students who have shown exemplary behaviour and responsibility (STARS – Students Taking Action and Responsibility) by reaching **Platinum Award** will receive their certificates this Friday 28th Sept during assembly. Well done to all the students who are still on track to reach our next Pop-Up reward day.

Jump Rope for Heart

During Term 3 our daily morning exercise session follows the Jump Rope for Heart Program. A reminder that all **Jump Rope For Heart** sponsorship forms and money was due last week and needs to be finalised as soon as possible. A big hearty thank you to all the students, parents and community members who helped make this happen.



DATES TO REMEMBER



Week 10

22-27th Sept

25th Sept

28th Sept

-Opera House performance

-Fire Safety Workshop

-Last day for Term 3

-JRFH Jump Off 9am

-Assembly Platinum Awards 2.30pm

6th Oct

-Garden Gala Macksville
Marimba Busking

Term 4

15th Oct

22nd Oct

23rd Oct

29th Oct

-Term 4 begins

-MECS Debating Day

-School Photos

-Kindy Orientation starts 9-11.30am

-Parent Welcome / Information 9am

30th Oct

13th Nov

26th Nov

13th Dec

17th Dec

19th Dec

-P&C Meeting

-Citizenship Awards

-Kindy Orientation Graduation

-Presentation Night

-Yr 6 Farewell

-Last day Term 4 for students

We have been Strong and Smart in Term 3:



Fundraised for the Farmers



Participated in an Ability Links workshop



We found our treasure during Book Week!



Participated in the Mini Olympics



Visited Cascade Education Centre

"We must be determined that our classrooms are sacred spaces that our children can dream about anything they want." Chris Sarra

Parent Information

Eating enough fruit and veg is an essential part of a healthy lifestyle and is vital in reducing the risk of health-related disease. **Fruit 'n' Veg Month** is being celebrated in schools around Australia throughout September. It's a great opportunity to ensure your child's lunchbox is full of fresh and tasty fruit and vegetables. This program aims to:

- ◆ Increase awareness of the need to eat more fruit and vegetables
- ◆ Increase positive perceptions of fruit & vegetables
- ◆ Support behaviour change by incorporating nutrition into key learning areas of the curriculum as well as whole of school activities

IDEAS FOR A HEALTHY KID'S LUNCHBOX

Breads and cereals – provide carbohydrates to help fuel their bodies so they can learn and play, dietary fibre for a healthy digestive system, as well as protein and a range of vitamins and minerals. Try to choose wholegrain varieties wherever possible. Some examples include bread, wraps, fruit bread, crackers, noodles and rice. For snack ideas why not try homemade muffins and slices with added fruit.

Vegetables – are a good source of vitamins, minerals, dietary fibre and carbohydrates. Some examples of how to include vegetables in your child's lunchbox include salad sandwiches, vegetable sticks or mixed salad.

Fruit – is a good source of vitamins and phytochemicals, as well as dietary fibre. Some examples include fresh fruit, tinned fruit in natural juice or dried fruit. Try to avoid fruit bars and 'straps' as they are high in sugar, lower in fibre and stick to your child's teeth causing tooth decay.

Dairy foods – provide protein and calcium which helps to build strong bones. Try to choose reduced fat varieties wherever possible. Some examples include milk, cheese and yoghurt.

Meat and alternatives – provide protein which is the building block for growth and development as well as vitamin B12, iron and niacin. Some examples include lean meat, chicken, fish, eggs and legumes (eg baked beans).

Water – is the healthiest and cheapest way to keep hydrated throughout the day and should be the drink of choice for every lunchbox.

Leave Out:

"Extras" or "Occasional" foods are better left for the weekend or special occasions. These foods include:

- Soft drinks
- Sport drinks
- Cordials
- Lollies
- Chocolate
- Crisps and chips
- Muesli bars
- Cakes and doughnuts
- Fatty meats such as devon, salami and chicken loaf

How to Increase Fruit and Veg Consumption

- Involve your child in the preparation of food: let them wash and cut up vegetables or create a veggie garden together.
- Cut up fruit and vegetables in a new way and make it look enticing; this will encourage children to try it.
- Offer a variety of fruit and vegetables.
- Add vegetables to main meals in different ways such as in pastas, stir fries and savoury rice.



Hidden Vegetables

An easy way to increase your child's vegetable intake is to 'hide' vegetables in meals.

- Pasta: you can add finely diced mushrooms, capsicum, pumpkin and eggplant or grated carrot and zucchini to tomato based pasta sauces.
- Soups: different vegetables can be added to soups such as chicken noodle. The soup disguises the flavour of the vegetables.
- Meat: add grated carrot and zucchini, diced mushroom, onion or other well ground vegetables to minced meat to make into pasta, hamburgers or meatballs.
- Pizza: add finely chopped vegetables to the tomato base and then top with grated cheese.

P&C NEWS

P&C NEWSLETTER TERM 3 WEEK 10

We've made it to the end of another busy term! Sending out a big thank all the volunteers who help the P&C in any capacity. Without our small, but dedicated team of parents and community members we would not have the ability to support our students the way we do. It is much appreciated!

The Stuarts Point Workers Club has kindly given us another spot in the Friday night charity raffles for the month of October. This is always a fantastic fundraiser for the P&C! We will need 2 helpers for each Friday night in October at the club from around 5:45-7:00pm to sell tickets. A roster has been placed in the office, so please leave your details if you are available to help out. Thank you.

A Uniform Consultation Review meeting will be held at the beginning of our P&C meeting, at 9.15am in Week 3 of next term (October 30th). All parents are invited to come along to discuss the current uniform and any proposed changes that people may have. All changes must comply with the NSW Department of Education's Uniform Policy.

Our Working Bee was held last weekend. Another massive thank you to the parents who so kindly donated their time to help keep our school looking great! It was a very productive day.

School uniforms are available through the P&C. We stock a great range of affordable, great quality uniforms for students. Please complete an order form in the office if you would like to purchase uniforms.

School banking continues this term, each Friday morning. Please see Ashlea Donovan for more details.

Our next P&C meeting will be held in Term 4 - Week 3, Tuesday 30/10/18 at 9.15am, following the Uniform Consultation Review meeting in the Library. We'd love to see you there.

Canteen Roster:

Week 10 28/9/18 Kerrie & Janice

Thank you to all our wonderful volunteers for your continued support.
Wishing all our families a safe and happy holidays.