

# STUARTS POINT PUBLIC SCHOOL

# SCHOOL NEWS



Education  
Public Schools

Term 4 - Week 4  
4<sup>th</sup> November 2019

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Our students thoroughly enjoyed our **Intensive Learn to Swim** program which develops survival skills, swimming techniques and equips everyone with life-long skills for safe participation in and around water. A huge thank you to the large number of family members who have volunteered as helpers. The school is amazed at the continued generosity of the local groups who sponsor our program and the wonderful volunteers who help out time and time again.

Thanks to all the students who recognised **Water Week** and participated in the poster for Home Play last week. The theme 'It's time to change the world' encourages young people and the wider community to think about how we use water and how we can protect it so we have it in the future. SPSS is proud to be a Kempsey Shire Council Water Wise school.

One exciting part of Term 4 is the **Kinder Orientation** program. This has begun again each Monday morning with our Kinder students for 2020 joining the K/1 class for some shared learning experiences. This is an important opportunity for children starting Kindergarten in 2020 to get ready for school! The parents also have a chance to visit school and become familiar with our routines. We look forward to seeing our 'big school' students in school over the upcoming weeks.

## Transition to School Program Dates and Times (K/1 Classroom)

Monday, November 4<sup>th</sup> from 9 - 11:30am

Monday, November 11<sup>th</sup> from 9 - 11:30am

Monday, November 18<sup>th</sup> from 9 - 11:30am

Monday, November 25<sup>th</sup> from 9 - 11:30am

Monday, December 2<sup>nd</sup> from 9 - 11:30am

(Graduation assembly at 10:30am)

## Parent Information Session (Held in Library)

Monday, 4<sup>th</sup> Nov; 9-10am (Parent welcome / info)

Monday, 18<sup>th</sup> Nov; 9-10am (Literacy / Numeracy)

Monday, 2<sup>nd</sup> Dec; 9-10am (Best Start / Healthy Lunchboxes)

Miss Kuilder has been busy planning the upcoming Yr2/3 **excursion to Port Macquarie**. The cost payable by parents was \$90 if they applied for student assistance. We are able to offer discounts like this due to the fundraising efforts and generous donations from our P&C each year. Please note: the final payment was due to be finalised before 4<sup>th</sup> November. We hope 2/3 have an awesome time on camp.

**Remembrance Day** will be commemorated at 11am in a special service on November 11th at the Cenotaph. This is a community event. All students, parents and community members are invited to attend along with school captains and SRC representatives.

Next Thursday 14<sup>th</sup> Nov, all eligible students will participate in their '**Platinum Pop-Up reward**'. These students will be treated to a movie in the 2/3 'cinema' classroom with popcorn and poppers as a treat. Well done to all the students involved in this activity.

This term, now that swimming has concluded, students will be participating in 'Play for Life' for **Sport**, which focuses on active, fun and engaging group games that get our students out and running about.

Thanks for your continued support.

*Tonya M Worling*



# Merit Awards



Ari, Kyla, Tara, Jack, Chanelle, Oscar



## Win Bin

Bianca, Kimberly, Sam

## FISH Award

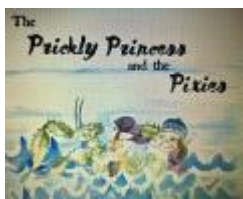
Be There

Nellie, Alanah, Bella



## Take Home Reading Reward System

175 Nights: Kayden, Tallow, Minnie



## Colouring in Competition

Ari, Kyla, Ngarlaa,  
Chanelle, Emily, Kara,

# Messages

With the hot weather approaching it's timely to remind everyone that students may use the fridge in the Yr2/3 classroom to put lunches which need to be refrigerated (meat, dairy, salad products. No drinks). Please make sure that containers are clearly labelled with your child's name and placed in the fridge before 9am. There is not enough room to put in whole lunchboxes. Students may access the fridge at the beginning of lunch to take their food out.

## **DID YOU KNOW?**

Under the Companion Animals Act 1998 No 87 (14.1.e), dogs are prohibited in school grounds, (whether or not they are leashed or otherwise controlled).



For the safety of all, please do not bring dogs into the school grounds, even on leashes. Some children have a genuine fear and it can be quite distressing for them as well as for parents. Thank you for your support in this matter.

## **Children's safety first!**

Our student's safety is of utmost importance. We are constantly discussing with all our students ways to keep safe. Stranger Danger is one of the topics we visit regularly. Please take the time to discuss this issue with your children to make sure they are aware how important it is for everyone to feel safe.

## DATES TO REMEMBER

### Week 4

4<sup>th</sup> Nov

-Kindy Orientation starts 9-11.30am

-Parent Welcome / Information 9am

5<sup>th</sup> Nov

-P&C Meeting 9.15

-School Spec Meeting 3.15

6<sup>th</sup> Nov

-Fire Safety Workshops 11.30-1pm

7-8<sup>th</sup> Nov

-2/3 Excursion

8<sup>th</sup> Nov

-Assembly 4/5/6 class item 2.30pm

-STAR Awards

### Week 5

11<sup>th</sup> Nov

-Kindy Orientation 9-11.30am

+ Workshop for Parents: Literacy / Numeracy 9-10am

11<sup>th</sup> Nov

-Remembrance Day 11am Cenotaph

12<sup>th</sup> Nov

-Citizenship Awards

14<sup>th</sup> Nov

-Platinum Pop-up Reward

### Upcoming

18<sup>th</sup> Nov

-Kindy Orientation 9-11.30am

+ Workshop for Parents: Literacy / Numeracy 9-10am

20<sup>th</sup>-24<sup>th</sup> Nov

-School Spectacular

25<sup>th</sup> Nov

-Kindy Orientation 9-11.30am

26<sup>th</sup> Nov

-P&C Meeting

2<sup>nd</sup> Dec

-Kindy Orientation Graduation

4<sup>th</sup> Dec

-KHS Yr 7 Transition

12<sup>th</sup> Dec

-Presentation Night

16<sup>th</sup> Dec

-Christmas Craft 11.30-1pm

-Yr 6 Farewell

17<sup>th</sup> Dec

-STARS Waterslide Pop-Up 12-2pm

18<sup>th</sup> Dec

-Talent Quest

-Last day Term 4 for students

# RESILIENCE IS

# NEVER GIVING UP EVEN WHEN THINGS GET TOUGH!



# 4/5/6 are going virtual



This term 4/5/6 will be using the STEM T4L virtual reality kit to make their own virtual documentary on a contemporary land issue.

They will be learning how to use a 360 degree camera and the program situ360 to create their own virtual tour.

We can't wait to see where they take us!



## Parent Information

# Head Lice – A General Guide for Parents

There are some things you and your family can do to help to reduce the spread of head lice:

- regularly check your child's hair
- teach older children to check their own hair
- tie back and braid long hair
- keep a fine tooth head lice comb in the bathroom and encourage all family members to use it when they wash their hair
- do not use household chemicals (such as kerosene / methylated spirits) to treat head lice.

### Treatment

There are a variety of treatment options for head lice. Some parents prefer to use a commercial lice treatment (available from your local chemist). These can be effective, but you will need to read the label and follow the safety instructions carefully. Generally, treatment must be applied twice (one week apart) to catch all growth stages of the lice.

When using a lice treatment, make sure that the heads you treat actually do have head lice and do not treat unless they do! While it is tempting to "do" the whole family, unless they actually have head lice you are really just contributing to lice resistance of treatment products.

### What's the comb and conditioner method?

Head lice breathe through small openings along their abdomens called spiracles. By coating hair in something thick and slimy – a hair conditioner is ideal – these openings close over, shutting down the louse's breathing for about 20 minutes. Although the louse will not die with this method, it does slow it down so that you can catch them.

### Nitbusting at home

Nitbusting can be a time-consuming task. Here are some tips to help you when Nitbusting with your child:

- Sit your child in a low position in front of you and put on a video or DVD for your child to watch while you work.
- Wrap a towel or kitchen paper around your child's shoulders to catch conditioner spill.
- Apply liberal amounts of conditioner to the scalp and massage it through all the hair shafts. Lice live close to the scalp, so make sure that you cover the hair shaft close to the scalp. Combing will spread the conditioner onto the rest of the length of hair. Every hair has to be coated to ensure it reaches the lice.
- When the hair is detangled and manageable, use a fine lice comb to comb out each section several times.
- After each comb out, wipe the conditioner on the paper towel. If the child has head lice, you will see them on the towel.
- Keep combing each section of hair until no further lice, nymphs or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
- Once you have combed and re-combed each section of hair, either re-plait or tie it back.

### Useful tips

- Head lice often congregate on the crown of the head.
- A good head lice comb should also remove nymphs, the stage between egg and adult louse— teenagers really. These can be difficult to identify with the naked eye, but appear as small insects on the paper towel.

For more information on the treatment of head lice, go to [www.health.nsw.gov.au/headlice](http://www.health.nsw.gov.au/headlice)

# P&C NEWS

P&C NEWSLETTER   WEEK 4   TERM 4   4/11/19

Canteen resumes this Friday after a 2 week break for the School Swimming Scheme. Remember to have your orders and money in by 9am.

Cilla will be running the uniform shop on Wednesday mornings from 8.30-9am. It's a great chance to order uniforms ready for next year or have a look through our second hand items to get growing students through the rest of the year.

The P&C would like to hear from the Year 6 students on what they would like for their Year 6 Farewell being held on 16th Dec. Think about the type of food, a colour theme and maybe some music. Please leave your written suggestions in the office and I will collect them for discussion.

Our P&C meeting will be held tomorrow morning at 9.15am in the Library. Members of staff will be giving parents some information on correct protocol for visitors to the school. It's an important topic to ensure a safe and happy school environment. We'd love to see you there.

Thank you to all our volunteers,

Lee Taylor  
Vice-President



## Did you know?

- ★ 56% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.
- ★ Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.
- ★ Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.
- ★ Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.



## Fact Sheet

# CHOOSE WATER AS A DRINK



Water is the best drink for anyone who is thirsty. Water is a good choice as it does not have any added sugar.

In Australia, water is safe to drink straight from the tap or boiled if you prefer. In most areas, tap water contains fluoride, which helps children to develop strong teeth.

### Tips to help your child to drink more water

- Take a refillable bottle of water when you go out.
- Put a bottle of water in with your child's lunch.
- Keep cold water in the fridge at home.
- Give your child a water bottle when they play sport.
- Serve water for everyone with the family meal.
- Show your child that you enjoy drinking water.

### Limit fruit juice, soft drinks, sports drinks and cordial

Fruit juices, soft drink, sports drinks and cordials should not be given to your child everyday as they contain a lot of added sugar. If you do give your child juice, soft drink, sports drinks or cordials remember to:

- water these down until very dilute. You can then replace them completely with water
- serve in smaller cups
- limit the number of cups of all sweet drinks your child has each day

### The facts about fruit juice

- Fruit juice is high in natural sugar and can contain added sugar too.
- Eating a piece of fruit is much better than having a glass of juice.
- Children do not need any fruit juice at all.
- ½ cup of fruit juice each day is enough for your child, if you choose to provide it.

### Milk is another healthy option

- Milk helps your child develop strong teeth and bones.
- Children over 2 years of age can drink reduced fat (not skim) milk.
- Reduced fat milk has less fat than full cream milk but still has all the nutrients that young children need.
- Soy milk is suitable if needed. Choose one that is high in added calcium.

