



SCHOOL NEWS

Term 3 - Week 10
23rd Sept 2019

7 Banksia Street Stuarts Point NSW 2441

T 6569 0627 F 6569 0534

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

Book Week began this year with a special visit from author, Kay Morrison and illustrator, Liz Kent. These two creative locals shared their experience of working together to create the picture book, *The Prickly Princess and the Pixies*. It was an invaluable opportunity for our students to learn first-hand about the process of planning, writing and making a book come alive. We thank these ladies for volunteering their time to visit our school.



'Reading is my secret power' was the theme for **Book Week** 2019. Students from both Stuarts Point Public School and Preschool came dressed as a character from their favourite children's book and paraded around town for the whole community to see. Thanks to our school captains who led our assembly.

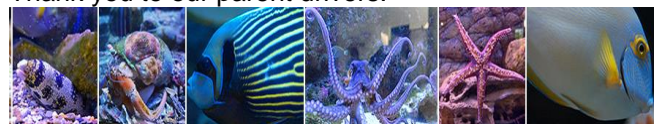
A huge thank you to everyone who supported our **Cuppa for Cows** day. SRC raised over \$200 to help our drought stricken farmers. It always amazes us how our small school community can make such a difference. To continue our efforts in raising money for the farmers SRC will be holding a **Come as your Favourite Farm Animal** day this Thursday 26th September for a gold coin donation. The SRC will also run some farm fun activities in the afternoon session. Once again we would like to thank you all for your generous support with all our fundraising efforts.



4/5/6 students enjoyed the opportunity to join with our local small schools on their **excursion** to Coffs Harbour.

They particularly enjoyed the challenge of the commando course, possibly just a lot more than the parents enjoyed cleaning their muddy shoes / clothes!

Youth Environmental Council found their recent gathering with other like-minded students an invaluable experience as they explored the National Marine Science Centre in Coffs Harbour last week. Thank you to our parent drivers.



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

We would like to wish Savannah the best of luck as she dances with the **Macleay Valley Ballet Ensemble** at the Port Macquarie Eisteddfod this Thursday night. Tickets are on sale through the Glasshouse Theatre for anyone wishing to support her.

As this term comes to an end, 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** this Friday 27th September from 9am. Students will rotate through a variety of skipping stations, where they will be able to exhibit the skipping skills we have been practising for the past 10 weeks.

The Nambucca Valley Community of Schools have begun an initiative with **White Ribbon Australia**. It is aimed at breaking the silence and building safe, respectful communities. A Pledge Book has been placed in the Front Office and we are inviting everyone to show their support to the pledge, *"I will stand up, speak out and act to prevent men's violence against women."*

Thanks to all of our students and parents who have recently completed a Tell Them From Me survey. The final group to be surveyed are the staff. All of the responses will be independently compiled into a report that will be shared with us which helps guide and inform our Strategic Directions and School Plan.

Have a safe and happy holiday break and we will see everyone back on Monday 14th October for the commencement of Term 4.

Thanks for your continued support. *Tonya M Worling*

Merit Awards



Kayden, Kyla, Jyerell, Kien, Kobie, Riley B, Savannah



Win Bin

Ngaarla, Jett, Kowari

FISH Award

Be There

Charli, Tylah, Connor, Riley B



Take Home Reading Reward System

75 Nights: Summah

125 Nights: Koda, Kayden, Bianca, Tara, Kien

150 Nights: Kayden, Tallow, Tara, Kien

175 Nights: Holley, Leon

200 Nights: Charli, Holley, Jett



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 27th Sept during assembly. Well done to all the students who are still on track to reach our next Pop-Up reward day.

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 Thursday 17th October. Parents can assist by returning photo envelopes 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.

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.

School Swimming

We will hold our re-scheduled 2 weeks of **Intensive Learn to Swim** from 21st October to 1st November. Our whole school K-6 will be involved in these lessons which will be held from 11.30-12.30 at Macksville Pool. Any parents interested in volunteering, please leave your name with Robyn in the office. We desperately need the support of parents to run this valuable program. Parents are required to pay \$35 per child with no more than \$65 per family. Thank you to the parents who already paid in T1. If you are yet to do so, this can be paid at the office anytime over the next few weeks. This program has been heavily subsidised with very generous donations from Alison and Ian Tolson, SWR Lions Club and Narelle and Malcolm Heather. If you are experiencing difficulty with payments please make an appointment at the office. Each child should bring a bag packed with swimming costume, towel, sun shirt, hat, sunscreen and warm clothing on a cool day. Please complete the new permission slip and return to school by Thursday 26th September.

DATES TO REMEMBER



Week 10

- 23-27th Sept -Fruit n Veg Week
- 23rd Sept -Life Ed Van - \$4
- 24th Sept -Council Waste Workshop
- Eungai PS skipping demo
- 26th Sept -SRC Fundraiser
- Come as your favourite farm animal
- Port Macquarie Eisteddfod
- 27th Sept -Last day for Term 3
- JRFH Jump Off
- Assembly Platinum Awards 2.30pm

5th Oct

- Macleay River Markets
- Marimba Busking

Term 4

- 14th Oct -Term 4 begins
- 16th Oct -Fire Safety Workshops 11.30-1pm
- 17th Oct -School Photos
- 21Oct-1Nov -School Swimming
- 4th Nov -Kindy Orientation starts 9-11.30am
- Parent Welcome / Information 9am
- 2nd Dec -Kindy Orientation Graduation
- 12th Dec -Presentation Night
- 16th Dec -Yr 6 Farewell
- 18th Dec -Last day Term 4 for students

4/5/6 went to Coffs Coast Adventure Centre

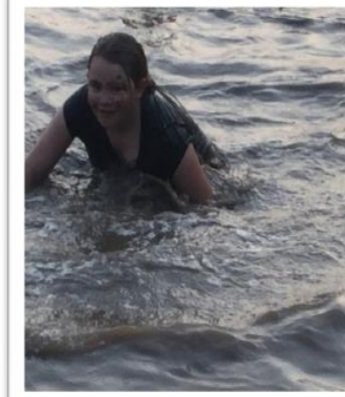


We had an action packed camp.

Our bravery was put to the test on the
giant swing, flying fox, mega drop and
leap of faith!

Some of us managed to overcome our
fears and complete these dare devil
activities, whilst others preferred the
more laid back activities.

Regardless, we all had great time.



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 or 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 NEWSLETTER WEEK 10 TERM 3 23/9/19

What a busy term it has been for our amazing volunteers with more fundraisers still to come.

The P&C would like to thank the Yarrahapinni Hotel for their continued support with Thursday night raffle proceeds going to the P&C. Thanks to Robyn, Marilyn and Wayne for their great efforts selling tickets each and every Thursday.


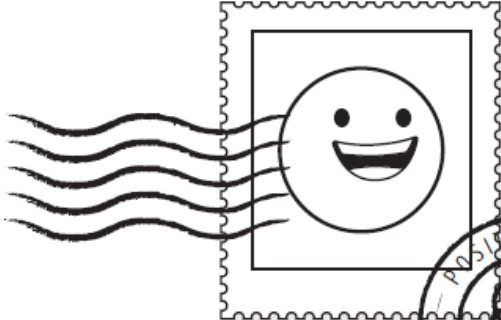

The P&C will also be fundraising at the Workers Club every Friday night in October. If you are available to help between 5.45-7.15pm on one of these Fridays, please leave your details on the sheet in the office.

We will also be running a steak and sausage sizzle stall at the Scotts Head Markets on Wednesday 9th October from 4pm until sold out. If you've got some spare time that afternoon we'd love the extra help.

Have a safe and happy spring holiday break and thank you to all the hard working volunteers and community organisations for your support this term.

Lee Taylor
Vice-President

Growth Mindset Challenge - Please fill in and send a postcard (via the Front Office box) sharing a time when you choose to use a growth mindset.

 <p>Today I have put positivity into action by:</p> <hr/> <hr/> <hr/> <hr/>	 <p>Name:</p> <hr/> <hr/> 
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