



SMITHTOWN PUBLIC SCHOOL

Week 1 Term 4 – Monday 9 October 2017

30 – 38 Cannane Street, SMITHTOWN NSW 2440

Phone: 6567 4529 Fax 6567 4823

Email: smithtown-p.school@det.nsw.edu.au

Website: www.smithtown-p.schools.nsw.edu.au

TERM 4	
WEEK 1	
Thursday 12 October	NRL Touch Football at Gladstone
WEEK 2	
Tuesday 17 October	Preschool Transition 9.30 am- 11.00 am
Wednesday 18 October	Staying Safe Day Safe on Social Media – PARENTS ONLY 6.00 pm
Friday 20 October	Whole School Assembly 2.30 pm
WEEK 3	
Monday 23 October	P & C Meeting 6.00 pm School Staff Room
WEEK 4	
Thursday 2 November	Preschool Transition 9.30 am- 11.00 am



Melissa Robinson presenting our school leaders with the sports pack.

PRINCIPAL REPORT

GIFTS FOR PARTICIPATION

Ability links came to our school last term and all students participated in activities designed for people with disabilities to demonstrate how to be inclusive of others, accept difference and recognise that although people may have a disability they have the same needs as others.

Melissa called in to drop off our sports pack for participating in the ability links program. We are now recognised as ***“Completely Inclusive Sports School For Students With A Disability”***.

END OF YEAR CAMP TO HAT HEAD

This year the staff feel that it would be appropriate for the Year 2 students to join the more senior students and stay overnight at the end of year camp.

Please let us know by this Friday 13 October, 2017 if you would NOT like your year 2 child to participate so we can commence organisation.

CANTEEN NEWS

Please find attached the NEW look orange meal deal order form attached. Please note the canteen will be open for recess selling cupcakes and ice-blocks.

Thank you to Allyson Hickson and Melissa Shaw for being our canteen volunteers this week.

PARENTING ONLINE PAYMENTS (POP)

Online payments can commence for our 2018 camps through our POP payment system. You can access the POP payment via our school website home page.

www.smithtown-p.schools.nsw.edu.au

You if are using this facility to start payments can you please use the correct reference data e.g. Coffs Harbour Camp 2018 for Years 3 & 4 and Canberra Excursion for Years 5 & 6.

THANKYOU FOR COMPLETING THE SCHOOL SURVEY ONLINE

Below is a summary of the results. If you would like to have a copy of the report sent to you via e-mail, please send in your request to the office. A copy is also available in the foyer.

Strengths and Highest Scoring Items

Ethical behaviour: I see administrative staff performing their duties in a manner that is respectful, honest and ethical.

Information-Quality and ease of use: I believe that communication and engagement is a priority for the school.

Engagement with others School staff: appear to be self-confident and welcoming.

Areas for development and lowest scoring items

Engagement with others: I am often asked about how well the school communicates and engages with me.

School vision: Staff engage with me about the school plan and clearly communicate the school plan and visions to me.

School vision: I have been asked to provide input to the school plan, my input has been reflected in the revised plan.

As we are in the process of gaining community input we will be selecting families at random from class lists to complete a simple phone interview to gain your views and key ideas for our plan for the coming three years.



Mrs Hollis was nominated for A Day Made Better by a Teacher for 2017

POSITIVE BEHAVIOUR MANAGEMENT (PBL)

Move and walk safely around the school.

NRL GALA DAY

Just a reminder that students are participating in the NRL Touch Football Gala Day starting at 10.00 am.

The Gala Day is on this Thursday 12 October at Gladstone sporting fields. The cost is \$2.00 for the

Lower Macleay Education Network Bus as well as \$5.00 for the meal deal.

All students will require their school hat for sun protection, their own morning tea and a bottle of water and lunch will be provided if they have purchased a meal deal.

Please wear appropriate footwear and sports uniform on the day.

SAFE ON SOCIAL MEDIA (SOS)

This is a FREE PARENTS ONLY workshop being presented at Smithtown Public School on Wednesday 18 October at 6.00 pm. The staff at Smithtown Public School will provide a FREE sausage sandwich and FREE child care at the school to allow ALL our parents to attend.

If you are concerned about your children's safety on social media then this is the workshop you need to attend. The Safe on Social Media face to face presentation and Q&A session delivers real life case studies and strategies to help parents support their children.

Topics covered but not limited to:

- Using social media with awareness
- Keeping personal information private
- Online grooming
- Posting photos & sexting
- Cyber-Bullying
- Legal Responsibilities
- Learning to read tween/ teenager behaviour online
- + so much more.....

SOS has asked you to bring your own devices to set your settings correctly to ensure online safety.

BYO Devices include but not limited to:

- i-Pad
- i-Phone
- Mobile Phones
- Laptops



Years 3 & 4 Artwork

STAYING SAFE DAY

On Wednesday 18 October 2017 at Smithtown Public School we are facilitating an Interactive Injury Free Day including Staying Safe Day at our school.

We have invited Kinchela Public School, Gladstone Public School students, teachers, community members, family and friends to join us.

We are currently organising the following workshops listed below:

- SOS – Safe on Social Media
- NSW Police Force
- NSW Ambulance Service
- NSW Rural Fire Brigade
- NSW SES
- Local Pharmacist
- Essential Energy
- Roads & Maritime – Water & Road Safety
- General Assistant – Danger of power tools, and general tools in the shed
- Hygiene & Safety in the kitchen

We are planning to break up the students into groups and have them rotating to each service. The day would start at 9.45 am and finish by 2.15 pm.

We look forward to you all supporting this wonderful innovative. You are welcome to attend all or some of the day with your child.

COMMUNITY INPUT

Please fill in the attached questionnaire and hand it back to the school by Friday 13 October. Thank you.

We always welcome community input into all decision making processes and parents are welcome to attend professional learning sessions that all staff are part of each and every Wednesday afternoon from 3.30pm til 5pm.

HATS

Now that it is warming again, can you please make sure that your child brings a school hat to school. The hat should be labelled with the child's name, this will help us if it gets misplaced.



Our school captains



Interrelate Groups

Unit 5 1-5 Merrymen Way, Port Macquarie

P: 5525 3200 E: portmacquarie@interrelate.org.au

Building Connections	A three-hour interactive seminar for parents having trouble sitting down together to work out what is best for their children since their separation.
Parents not Partners	A six-session program for separated parents in conflict over their children. It is designed to improve emotional and developmental outcomes for children in separated families
Surviving Separation	A program to help people rebuild their lives after separation or divorce
Nurturing Stress A Holistic Approach	An interactive two-hour workshop to assist individuals to develop tools and strategies to manage stress.
Interrelate Mates	A monthly group for men for support during difficult life transitions such as relationship breakdowns, changes in employment, parenting difficulties and general issues that men deal with daily.
Self Esteem and Communication	A six-session program that improves self-esteem and communication skills. Participants will learn to value themselves and be more confident.
Survive & Thrive Domestic Abuse Support Group	A four-session program for victims and survivors of domestic violence.
Seasons for Growth	An eight-week program for children aged 6 to 12 years that have experienced grief and loss in their lives due to a significant change such as death, separation of parents or a natural disaster.
The Art Circle	This one off group will provide a relaxing space for women to connect with each other while they explore their creative side.



The more stars,
the healthier.

Health Star Ratings. Making shopping easier for your family.

Maintaining a healthy weight and improving our health and well-being are important for everyone. Overweight and obesity increase our risk of heart disease, type 2 diabetes and some cancers.

With 63% of adults and 25% of children now overweight or obese, Australians face a significant health risk.* Making changes to the food we eat is one way we can help prevent these chronic diseases and also help people already at increased risk to turn things around.

The Health Star Rating system is a food labelling method to help take some of the guess work out of shopping and help us make smarter choices when buying packaged food. It allows us to quickly compare the general nutritional profile of foods within the same category of processed goods. For example, we can compare one breakfast cereal with another, or one muesli bar with another. It's simple to understand and use. The more stars, the healthier the choice.

When it comes to good nutrition, the Australian Dietary Guidelines recommend fresh is best. The guidelines advise us to eat a balanced diet, increase our daily intake of fresh fruit, vegetables and dietary fibre and to limit our intake of saturated fats, sugars and sodium (salt). The Health Star Rating system allows us to quickly see which packaged products in a particular category contain more of the good nutrients and less of the ones that increase our risk of chronic disease.



Foods are rated by their nutritional content per 100g/100mL, with star ratings ranging from 1/2 a star to 5 stars.

The more stars, the healthier the choice.



Here's what to look for on the front of packaged foods

Health Star Ratings are based on:

- ★ **Total energy (kilojoules) of the product.** An average Australian adult should consume around 8,700 kJ a day
- ★ **The saturated fat, sodium (salt) and sugar content.** Consuming too much of these risk nutrients is linked to being overweight and obese, cancer, heart disease and type 2 diabetes
- ★ **The fibre, protein, fruit, vegetable, nut and legume content.** Increasing consumption of these healthy nutrients and ingredients is good for your health

For more information about the Health Star Rating system, visit www.healthstarrating.gov.au

Tips for healthier shopping for your family

- ★ Look for the stars on the front of packaged foods: the more stars, the healthier the choice
- ★ Compare products within the same category. For example, compare breakfast cereals with other breakfast cereals, but don't compare muesli bars with frozen pizza
- ★ Find ways to add fresh fruit and vegetables to each meal and make them the first choice for a snack whenever possible
- ★ Try to make one positive change to the contents of your shopping basket or the ingredients for a meal
- ★ Avoid shopping when you are hungry
- ★ Many healthy foods – like fresh fruits and vegetables or lean meats – are not packaged and won't have a star rating. These are a vital part of a nutritious diet
- ★ A high Health Star Rating does not necessarily mean that the food provides all the essential nutrients required for a balanced and healthy diet

Simple tips for healthier eating

- ★ Aim for at least five serves of vegetables and two serves of fruit every day
- ★ Keep treats as treats! Some treats have Health Star Ratings to help you make better choices
- ★ Limit packaged and processed foods, and foods high in added fats, sugar and salt
- ★ Eat regularly throughout the day, starting with a healthy breakfast
- ★ Watch portion sizes
- ★ Pack lunches. Taking healthy foods, including fruit and vegetables, to work or school means we're less likely to eat less healthy options
- ★ Drink more water

When buying packaged foods, Health Star Ratings are one tool to help us make healthier choices. Nutrient icons, the Nutrition Information Panel, and ingredients list provide additional information about key nutrients and ingredients to help us choose the right product.

Hungry for more?

To better understand the importance of healthy eating and for more tips on what constitutes a healthy diet, visit the Eat for Health website www.eatforhealth.gov.au, which features the Australian Guide to Healthy Eating.

