



SMITHTOWN PUBLIC SCHOOL

Week 4 Term 4 – Monday 30 October 2017
30 – 38 Cannane Street, SMITHTOWN NSW 2440
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TERM 4

WEEK 4

Tuesday 31 October	Nude Food Day
Thursday 2 November	Preschool Transition 9.30 am- 11.00 am Spring into Art Commences
Friday 3 November	Swimming Years 2-6

WEEK 5

Monday 6 November	K/1 Baking Recess for SRC
Tuesday 7 November	Nude Food Day
Wednesday 8 November	SRC Breakfast, Bacon & Egg Toastie
Thursday 9 November	Whole School Walk to Spring into Art
Friday 10 November	Remembrance Day Whole School Assembly 2.30 pm Melanoma Visit Swimming Years 2-6

WEEK 6

Monday 13 November	Rotary Club Public Speaking 2/3/4 Baking Recess for SRC
Tuesday 14 November	Chess at SWR Public School Nude Food Day
Wednesday 15 November	Preschool Transition 9.30 am- 11.00 am SRC Recess - Smoothies
Friday 17 November	Swimming Years 2-6

WEEK 7

Monday 20 November	P & C Meeting 6.00 pm School Staff Room 5/6 Baking Recess for SRC
Tuesday 21 November	Nude Food Day
Wednesday 22 November	SRC Recess - Fruit Kebabs
Friday 24 November	Swimming Years 2-6

WEEK 8

Monday 27 November – Friday 1 December	Intensive Swimming Years K-2
Tuesday 28 November	Nude Food Day
Thursday 30 November	Preschool Transition 9.30 am- 11.00 am Parent Information Session
Friday 1 December	Whole School Assembly 2.30 pm

WEEK 9

Monday 4 December – Friday 8 December	Intensive Swimming Years K-2
Tuesday 5 December	Year 6 Melville Orientation Nude Food Day
Friday 8 December	Year 6 Day Out Big Banana Coffs Harbour

WEEK 10

Monday 11 December	Year 6 Farewell Night
Tuesday 12 December	Presentation Night Year 5/6 Personal Development Nude Food Day
Wednesday 13 December	Hat Head Camp, Whole School
Thursday 14 December	Hat Head Camp, Years 2-6
Friday 15 December	Last day of term

PRINCIPAL REPORT LUNCHBOXES

This year the school is providing our new Kindergarten 2018 students with a yum box, bento lunchbox as we encourage students to bring healthy, unprocessed food to school. The cost is \$39.95 each, they are very strong and built to last.

The P&C are thinking we could place a bulk order, if parents were keen to order them as part of a stocking filler at Christmas.

If you are interested, please complete the expression of interest slip attached.

UNIFORMS FOR 2018

Jai would like to place a final order soon to ensure that parents have uniforms ready for the first day back next year. If you require new uniforms, please complete the order form asap and return it to the

office, complete with funds. Financial assistance is available to every parent so please let us know if you would like support.



Ava and Charlotte,
Members of the
Lower Macleay
School Band,
performing at the
Fredo Spring Fete.

POSITIVE BEHAVIOUR MANAGEMENT SAFETY:

I use the equipment safely.

P&C FINAL MEETING 2017

P&C would like to invite all parents and community members to a final meeting for 2017. The meeting will

be followed by a dinner to say thank you for your support throughout the year.

Please keep your diary free for Saturday 9 December, at 6.00 pm, for the last P&C meeting of the year. The venue will be the Maddison's Restaurant in Frederickton.

INTENSIVE SWIMMING

Intensive Swimming for Kinder, Year 1 and 2 students will commence in the afternoon session after lunch at the beginning of week 8, 27 November 2017. The P&C have kindly donated the cost of the bus for the students and the school has subsidised the overall cost.

Consequently, parents are only paying the reduced cost of \$20.00 rather than \$40.00. We sincerely appreciate the efforts of the P&C in raising the funds for our students.

A note will be sent home soon with more details.

CONGRATULATIONS

Congratulations to Keelan for his outstanding success in achieving the opportunity to compete at state level in the 800m and 1500m track events.



We would also like to congratulate Mr Duprez and the Lower Macleay School Band students who performed beautifully at the Frederickton Public Schools Fete on Friday afternoon. Their performance was outstanding and testimony to their commitment to practice to improve.

SPRING INTO ART

The exhibition is a stunning display of the art works by students within the public schools of our valley. The expo will be open for two weeks; however, students from our school will walk to Gladstone on **Thursday 9 November 2017**, to view the works. Parents are welcome to join us for the event.

COMMONWEALTH BANK

The commonwealth bank is coming to school on Wednesday 8 November 2017, to talk to all students about financial literacy.

- **K/1 session starts at 11.30 am - 12.15pm**
- **2/3/4 session starts at 12.15pm – 1.00 pm**
- **5/6 session starts at 1.50 pm**

Parents are welcome to attend any of these sessions.

NRL

Jess from NRL came to our school last week and kindly donated a football to every student in appreciation of their commitment to improving their skills. We would like to thank the NRL for their continued support of the skill development of our students.

NUDE FOOD

Nude food is homemade, raw, doesn't require any wrapping and is naturally healthy.



Our first nude food day is tomorrow, Tuesday 31 October 2017. Please have a look on the Nude Food website

<https://www.nudefoodday.com.au/resources/> for ideas to support you in sending healthy food with your child that does not need wrapping or plastic.

K/1 COOK FOR SRC

Next Monday 6 November 2017, it will be K/1's turn to bring homemade food to school to sell for SRC at recess.

Baking Recess Days:

K/1 Monday 6 November 2017
2/3/4 Monday 13 November 2017
5/6 Monday 20 November 2017

Each item will sell for .50 cents or .20 cents.

A reminder that the Bacon and egg toastie day is on next week, Wednesday 8 November 2017.

SRC will also be hosting:

Date	Menu	Cost
Wednesday 8 November - Breakfast	Bacon and egg toastie	\$2.00
Wednesday 15 November - Recess	Smoothies with milk, yoghurt and fruit	\$2.00
Wednesday 22 November - Recess	Fruit kebab	\$1.00

K/1 NEWS

Thank you to those families whom brought in magazines, we have plenty to keep us going.

CANTEEN NEWS

Please find attached the orange Meal Deal order form for this week. Please return the order form and the money to the school office by Wednesday 1 November 2017.

Katie Freeman and Melissa Shaw will be serving Hot Dogs this Friday, 3 November 2017. Thank you both for being our canteen volunteers this week!

5/6 BLUEBERRY MUFFIN RECIPE

Year 5/6 made these blueberries for the whole school to try on Friday with fresh blueberries from the garden.

<https://scrummylane.com/greek-yogurt-blueberry-muffins-low-sugar-recipe/>

Ingredients

300 grams (2½ cups) plain flour

- 1 tablespoon baking powder
- ½ teaspoon bicarbonate of soda
- 110 grams (a heaped ½ cup) sugar
- 2 eggs, lightly beaten
- 160 ml (2/3 cup) oil (I used a mixture of canola and olive, but any is fine)
- 225 grams (1 cup) Greek yogurt
- 60 ml (¼ cup) milk
- 225 grams (1½ cups) blueberries

1. extra sugar for sprinkling (optional) Preheat the oven to 190C/375F.
2. Combine the flour, baking powder, soda and sugar in a large bowl.
3. Combine the eggs, oil, yogurt, and milk in another bowl or jug.
4. Add the wet ingredients to the dry. Stir until just combined. Fold in the blueberries.
5. Spoon the batter into muffin cases placed in muffin pans (you can fill almost to the top). Sprinkle a little extra sugar (white or brown) over the top of the muffins, if you like, then bake for 17 to 20 minutes or until risen and golden and a skewer pushed into the centre comes out clean.
6. Cool on a wire rack, then store in an air tight container.

Notes

These are NOT like the super sweet blueberry muffins you usually find in cafes and bakeries. If you have a sweeter tooth and think you'd prefer them a bit sweeter, simply sprinkle a bit of extra sugar over the top of your muffins before baking. Brown sugar works well!

Although I've said this recipe makes 12 to 14 muffins, it really depends on the size of your muffin cases! I've made just 10 in big muffin cases, and a lot more in smaller ones.

And as for cooking time... although I usually bake my muffins for 17 to 20 minutes, sometimes they take longer to cook if they're bigger. I recently made these again and they took a good 10 minutes longer to bake as they were quite big. Just keep checking with a skewer every few minutes if you don't think they're done after 20 minutes.

Sigrid Williams
Smithtown Public School
0265674529



Bulk Lunch Box Orders

expression of interest

I would be interested in ordering lunchbox/es at the cost of \$39.95.

Parent Signature: Date:



SRC Fundraising

Baking Recess Days:

K/1 Monday, 6 November

2/3/4 Monday, 13 November

5/6 Monday, 20 November

My child in class

Will bake or make..... on.....(date)

I understand that I need to list all ingredients for all student safety and wellbeing.

Parent/Guardian Signature:.....Date:



Education
Public Schools

Tips for a healthy headspace



There are a number of ways you can look after your mental health and wellbeing every day...

Get informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



Sleep well Zz

Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



Eat well

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. veggies, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.



Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try; exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.



Set realistic goals

Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

