



# SMITHTOWN PUBLIC SCHOOL

Week 5 Term 4 – Monday 6 November 2017  
 30 – 38 Cannane Street, SMITHTOWN NSW 2440  
 Phone: 6567 4529 Fax 6567 4823  
 Email: [smithtown-p.school@det.nsw.edu.au](mailto:smithtown-p.school@det.nsw.edu.au)

## TERM 4

### WEEK 5

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

## K/1 BAKED TODAY

Thank you to all the parents who baked goodies for the SRC today, we raised \$12.45. The Canteen will be open again at recess tomorrow with more goodies for sale for .50 and .20 cents.



## PRINCIPAL REPORT



### REMINDER OF NUDE FOOD, Tomorrow, Tuesday 7 November 2017

Thank you to all the parents who made a special effort to encourage our students to be healthy and happy. Last week 18 amazing healthy lunch boxes came to school, free of wrapping and processed food! Exceptional! This week we are aiming to improve our number of healthy lunch boxes even more.

#### A healthy lunch has four components:

1. A main item, such as a sandwich/wrap/roll, pasta with vegetables, soup, frittata or sushi.
2. A fruit or vegetable snack, such as whole fruit, cut up veggie sticks, fruit or savoury kebab or a small salad.
3. A second snack based on a core food, such as reduced fat yoghurt, grainy crackers with reduced fat cheese, plain popcorn, a slice of raisin bread, a wholemeal fruit muffin, a boiled egg or a can of tuna.
4. And a drink. A bottle of tap water is best, and plain UHT milk is also acceptable.

Please click on this link for more information:  
<https://www.nudefoodday.com.au/resources/>



*Our wonderful students proudly displaying their NUDE FOOD lunchboxes*

## BACON AND EGG TOASTIE \$2.00 EACH

The SRC boys are cooking a Bacon and Egg Toastie for lunch on Wednesday 8 November 2017, at the cost of only \$2.00. Please fill in the order form attached to this newsletter by tomorrow 7 November, to take advantage of this yummy lunch offer!



Education  
Public Schools

## POSITIVE BEHAVIOUR FOR LEARNING (PBL) - *I am sitting down at eating time.*

### 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.**

### PRAC STUDENT

Today a beginning teacher arrived at our school to start her practicum experience with Mr Lewis. Her name is Skye Sherlock and we welcome her to our school.

### MPS SPRING INTO ART

On Thursday 9 November 2017, students will be walking to Gladstone at 1.00 pm to view the spring into art exhibition. A staff member will transport their bags and lunches over to the park. Please ensure your child has their hat and perhaps an extra drink bottle. Parents are welcome to join in the fun and walk with us or meet us there.

### UNIFORM ORDERS FOR 2018

Jay 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 a.s.a.p and return it to the office, with your payment included. Student assistance is available. Please ask Jo at the office for an application form if you require financial assistance.

### STAFF RECOGNITION AWARDS

Two staff members from Smithtown Public School were awarded by the Macleay Educational Community of Schools for their excellence to public education. The ceremony took place at the opening of the Spring into Art exhibition. Mrs Hollis was awarded for her excellence in teaching and Jo Astorini for her excellence in service delivery. Both are extremely worthy recipients.



### SRC BAKING RECESS

Next Monday 13 November 2017, it will be 2/3/4's turn to bring homemade food to school to sell for SRC at recess. Please ensure you label the food clearly with the ingredients used.

#### Baking Recess Day

2/3/4 Monday 13 November 2017

5/6 Monday 20 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

### LUNCHBOXES

This year the school is providing our new Kindergarten 2018 students with a yum box, panino/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.



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

### 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 8 November 2017. Raylen McKiernan and Melissa Shaw will be serving Chicken Burgers this Friday, 10 November 2017. Thank you both for being our canteen volunteers this week!



L:R Ava & Charlotte entertaining the crowds at the Frederickton Public School Fair

**\$2.00 each**

**Please return by tomorrow, Tuesday 7 November 2017.**

I would like to order .....Bacon and Egg Toasty/s for my child .....  
in Class .....

Parent/Carer Signature: ..... Date: .....

✂-----



### **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:**

**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: .....



# Tips for a healthy headspace



## Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. "I can make it through this exam") or negative (e.g. "I'm never going to be able to pass this subject"). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you'll feel confident and in control of yourself.

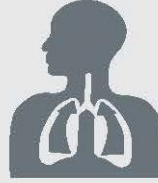


## Develop assertiveness skills

Being assertive means standing up for your own rights; valuing yourself and valuing others' opinions without letting them dominate you. This can help build your self-esteem and self-respect. Being assertive is not the same as being aggressive. Remember to always listen, be prepared to compromise and be respectful of the other person's opinion, while still being confident, calm and knowing what you want.

## Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Progressive muscle relaxation involves tensing and relaxing specific groups of muscles from your feet all the way to your head, while focussing on your feelings of tension and relaxation. You could also try breathing techniques, such as deep breathing or focussed breathing (breathing in through the nose and as you breathe out say a positive statement to yourself like 'relax' or 'calm down'). Place a hand over your diaphragm to make sure you're breathing slowly – you should feel your hand move if you're doing it right. Focus on breathing in slowly for 4 seconds, holding your breath for 2 seconds and breathing out slowly for 6 seconds.



## Practice conflict resolution

Having a hard time with friends or family is difficult for most people. Talking through the issues in a calm and thoughtful way is the best approach. Avoid getting personal, be willing to compromise and listen to their perspective.



## Help and be kind to others

Do something to help someone else. Acts of kindness help other people but also make you feel good. Give a compliment, offer to help someone out or volunteer either on a once-off project or an ongoing basis and allow yourself to feel good for making someone else feel good.

## Be socially active and get involved

Social relationships are really important to your general wellbeing. It is okay to take time out for yourself but friends can provide support when you're having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people. If you're not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family.

## Play



Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

## Seek help



A problem can sometimes be too hard to solve alone, even with support from friends and family. Be honest with yourself about when you may need support and get professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local **headspace** centre or visit **eheadspace.org.au**. Finding help might feel scary at the start but it gets easier over time. Getting support can help you to keep on track with school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.



**headspace**  
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit **headspace.org.au**

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, **headspace** makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.