



# Smithtown Public School

**Week 4 Term 2 – Monday 15 May 2017**

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TERM 2	
WEEK 4	
Tuesday 16 May	PSSA Touch Football Trials Canteen Breakfast
Wednesday 17 May	Years 2/3/4 Hat head Excursion
Thursday 18 May	Soccer Macksville
Friday 19 May	Walk Safely to School Day PSSA Soccer Trials
WEEK 5	
Thursday 25 May	PSSA Netball
WEEK 6	
Monday 29 May	LNC Cross Country
Wednesday 31 May	Responsible Pet Program
WEEK 7	
Tuesday 6 June	Canteen Breakfast
Thursday 8 June	RMS Boating Safety
Friday 9 June	Athletics Carnival
WEEK 8	
Monday 12 June	Queen's Birthday Long Weekend
Friday 16 June	SRG Fundraiser
WEEK 9	
Monday 19 June	Canteen Breakfast
Tuesday 20 June	Small Schools Athletics Carnival
Wednesday 21 June	Glasshouse Visit Mr Stink Years 2-6
WEEK 10	
Last Day of Term 2	Friday 30 June

## PRINCIPAL REPORT

Welcome to week four. The P&C Meeting is on tonight and we are looking forward to seeing you at 6.30 pm in the staffroom.

If you are unable to attend please send in any questions or items for discussion.

A huge thankyou to the staff and families who supported the X-Country on Friday.

All students did their best and happily participated. It was a lesson in commitment and perseverance. The wraps for lunch were very popular with students. We encouraged them to try just one thing they had never eaten before.

We hope to see them trying new alternatives to packaged foods in their lunchboxes as healthier options for healthier kids.

Last week the SRC met for the first time this year.

## When asked "What's going Well"?

The student responses were as follows: Friendships; people are playing nicely together and there isn't anyone who is bullying. Sport is happening and Naplan is underway. There is good teaching and we are learning lots and some people are bringing healthy food to school. Mostly people have water as a drink in their lunchboxes and most students are at school on time in their uniform.

## What are Areas of Improvement?

The responses were; there could be better friendship groups if more people asked new friends to join in their games. Name calling happens in class and on the playground by just a few people.



*Check out all the action from the our X-Country on our Facebook webpage*

Canteen would be good if it happened more often. Kids need to bring healthier food and have less packets to make less rubbish. We haven't had a chance to have fun days and raise money for things kids want.

### Priority:

Next we voted on the things that most people felt they wanted to change most. The scores were canteen 17, name calling 14, lunchboxes 10 and friendship 5.

### Plan of Action:

Canteen - What can we do?

Change the menu and have a breakfast canteen .

Breakfast Canteen- Minnie to coordinate

Fundraisers – Keelan to coordinate

Dates for Fundraisers 16 June

Dates for Canteen breakfast 16 May, 6 June, 19 June.

### WALK SAFELY TO SCHOOL DAY

This Friday 19 May is Walk Safely to School Day. We will be teaching road safety at school and it would be fabulous if you could reinforce the rules and benefits of using the road safely.

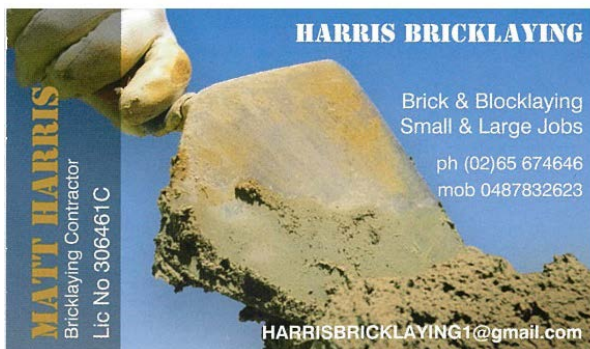
*Jenny Sawyer*  
**Principal**

### NATIONAL VOLUNTEERS WEEK



National Volunteer Week (NVW) is an annual celebration to acknowledge the generous contribution of our parent, carers and community members who volunteer within our school.

Last Friday at our assembly our amazing volunteers were presented with a certificate of 'thank you' in supporting our school with jobs such as canteen, transporting students, gardening and classroom activities.



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### P & C MEETING THIS EVENING!

The P & C would like to extend an invitation to all our parents and carers to attend the P & C meeting tonight, Monday 15 May at 6.30 pm in the school's staff room.

### CANTEEN NEWS

The Canteen will be able to open again this Friday 19 May **if we get one more volunteer!** Please let the school office know if you are able to help out between 11.45 am – 2.00 pm. The students would love to see the canteen re-open.

If we can get another volunteer by Wednesday 17 May we will send home the meal deal order form to be returned Thursday 18 May with payment included.

Please call Jo on 6567 4529.

### LEARNING MANAGEMENT BUSINESS REFORM (LMBR)

This is a friendly reminder to return your student emergency contact details report with the necessary changes to the school office as soon as possible.



Nutrition Snippet

## The simplest way

...to save money and improve your health.

Including two serves of fruit and five serves of vegetables in your daily diet can help prevent cancer and save you money too.



Reducing the amount of expensive meat ingredients and increasing the amount of cheaper vegetable ingredients in recipes is a great way to boost your veg intake and reduce the grocery bill.

Try it with:

- Pizza** – limit or avoid processed meats and add more mushrooms, capsicum, onion or leftover roast vegies.
- Stir fries** – reduce the meat and add extra capsicum, broccoli, snow peas and bok choy.
- Bolognese** – use less mince and more grated or chopped carrot, celery and zucchini or add canned lentils or kidney beans.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
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