



SMITHTOWN PUBLIC SCHOOL

Week 6 Term 2 – Monday 4 June 2018

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2018

Tuesday 5 June	Robotics Challenge
Wednesday 6 June	P & C Meeting 6.00 pm
Thursday 7 June	Peer Clubs Chess South West Rocks PS PSSA Rugby Union Trials
Friday 8 June	Friday Sport - Athletics Program Assembly, 5/6 Item
Monday 11 June	Queen's Birthday Long Weekend
Wednesday 13 June	SPS Athletics Carnival Bacon & Egg Roll Breakfast Club NC Cross Country
Thursday 14 June	Peer Clubs
Friday 15 June	Friday Sport - Athletics Program
Monday 18 June	SRC Baking Cakes – Year 4
Mon-Thurs 18 – 21 June	LNC Dance Festival
Thursday 21 June	Peer Clubs
Friday 22 June	Assembly P&C Disco
Monday 25 June	SRC Baking Cakes – Year 3
Tuesday 26 June	Small Schools Athletics Carnival
Monday 2 July	SRC Baking Cakes – Year 2 Eisteddfod
Wednesday 4 July	NAIDOC – South Kempsey P & C Meeting 6.00 pm
Friday 6 July Last day of Term 2	Assembly Open Classrooms
Sunday 8 July – Sunday 15 July	NAIDOC Week <i>Because of her we can!</i>
Tuesday 24 July	Term 3 Students return

PRINCIPAL REPORT

A PARTNERSHIP BETWEEN FAMILY AND SCHOOL

Creating a safe, respectful and supportive learning environment doesn't just happen in an instant. It takes the combined effort of the whole school community to build a space where everyone feels connected and valued. Working collaboratively to share an understanding of what safety and wellbeing mean, and how these impact on learning, provides a solid foundation on which every student can grow and develop.

Parents and extended families play a central role in helping create a positive school culture. However, they may sometimes feel overwhelmed by the task both of supporting their child's learning and dealing with the challenges that come with raising children in an increasingly complex world. Issues such as mobile phones and screen time, online safety, cyber-bullying and peer pressure can be confronting for parents on the frontline of guiding their children to navigate these issues and equipping them with the skills to make safe and responsible choices.

The Student Wellbeing Hub can support parents with advice and resources on a range of topics and issues related to their child's safety and wellbeing.

Time to celebrate parents!

QUESTACON

We celebrated another fabulous day of massive excitement and engagement in learning with our neighbouring schools and Questacon Science Leaders on Friday. Thank you Jo for coordinating another wonderful learning opportunity for all our students.



Education
Public Schools

Students enjoying their science experiments on Friday



Odessa engaged in the Questacon science show

CHANGE OF DATE FOR ATHLETICS CARNIVAL

The Macleay Valley Small Schools Athletics Carnival is now on Thursday 28 June at Kempsey. This will involve students who are between the ages of 8 to 13 years.

REMINDER P&C MEETING THIS WEEK IN K/1 ROOM AT 6.00 PM

All our parents and carers are most welcome to attend or alternatively send in any items you wish to discuss if you are unable to attend.

CHESS AT SWR

This Thursday we have seven students representing Smithtown Public School at the Lower Macleay Chess Competition. We would like to thank Raylene McKiernan and Helen Pedrola for transporting our students to South West Rocks Public School, allowing them to experience extra-curricular opportunities.

TEACHER PROFESSIONAL LEARNING

This Friday Mrs Hollis, Mr Lewis and Mrs Sawyer will attend continued training for the 'Early Action For Success Initiative' at Coffs Harbour. The day provides critical learning opportunities to work together and assess our student's progress, learn about new strategies for continual improvement and plan the way forward in a collaborative and supportive manner.

ASSEMBLY FRIDAY 8 JUNE

Just a friendly reminder that we have assembly this Friday 8 June at 2.30 pm. Year 5/6 are presenting an item at this week's assembly. We would love to see your smiling faces.

5/6 CANBERRA EXCURSION 2018

12 Weeks to go!

Please note that the excursion must be **PAID in FULL** two weeks prior to students departing. Final payments are due by Friday 3 July 2018.

3/4 COFFS HARBOUR EXCURSION 2018

Payments for Stage 2 Coffs Harbour are now being taken through the school office or online. All payments must be completed two weeks prior to camp departing. Final payments are due by Friday 3 July 2018.

A statement of account will be sent home this week to all students attending the Coffs Harbour excursion advising of the balance owing.

RECYCLING

K/1 are learning about the environment and sustainability this term. We want to see how many drink containers we can collect from our families. For each container we collect we earn 10c. We are hoping to raise some money to go towards an excursion at the end of the term. Can you please help us?

We need all glass bottles, plastic bottles and aluminium cans. **NO MILK BOTTLES OR LARGE CORDIAL BOTTLES.**

We will start a collection tub at the school which students can put them in each morning.

Thank you to Mrs Hollis and Mrs Bennett for the organisation of an exciting learning experience for our youngest students and to the families who have supported this initiative.

P & C NEWS

DISCO

Once upon a time we had a music man. Now we don't!

If anyone knows of an aspiring DJ who would be interested in putting a play list together to entertain our children at the disco please contact the office or let a P&C member know asap.

CANTEEN NEWS

This week we would like to thank Annika for volunteering to make nachos. Please see the orange note enclosed.





Health
Mid North Coast
Local Health District



ARE YOUR CHILDREN PUSHING BOUNDARIES?

It's like they are wired to see how much they can get away with!

**TOO MANY RULES CAN BE CONFUSING. HERE'S
WHAT YOU CAN DO:**

- Remain calm when setting limits
- Involve children in setting basic rules
- Distinguish and explain the difference between adult and children's decisions
- Limits need to be clear and consistent
- Use statements like *"Stay in the yard. There are lots of cars on the street and I don't want you to get hurt"* instead of *"don't go outside the gate."*
- Follow through with clear consequences

Children need to know what is expected of them. It gives them a sense of safety, stability and better outcomes throughout their lives.

**FOR MORE INFORMATION CONTACT
YOUR SCHOOLS GOT IT! CLINICIAN**



positive partnerships
Working together to support school-aged students on the autism spectrum

**Free One Day Workshop for
Parents and Carers**

Kempsey
Wednesday
27 June 2018

Positive Partnerships is coming to a location near you!

Join us for a day of learning with other parents and carers of school aged children on the autism spectrum, designed to help you foster productive school, family and community relationships to provide the best kind of support for your child. Our workshops are for parents, carers and grandparents wanting to understand more about autism and learn practical strategies using evidence based resources to help maximise their young person's learning.

What will you gain by attending this workshop?

- An increased understanding of the impact of autism
- Further knowledge about how to develop effective partnerships with your school
- Information to help you access further support both inside and outside of school
- An opportunity to be part of a support network where you can share strategies and experiences with other parents/carers
- An understanding of a planning tool that can be used to share key information related to your child

Workshop details

Venue: Kempsey Macleay RSL
1 York Lane
Kempsey NSW 2440

When: Wednesday 27 June 2018
9.15 am – 3.00 pm (Registration from 8.30 am)

Catering: Morning tea and lunch is provided. Please advise any dietary requirements upon registration.

Register Online: www.positivepartnerships.com.au Registrations open on Wednesday 16 May 2018 and close one business day prior to the workshop. Register early as places are limited!

Questions? If you are not able to register online please call the Positive Partnerships Infoline : 1300 881 971 or email parentcarer@autismspectrum.org.au

The Positive Partnerships initiative is funded by the Australian Government Department of Education and Training through the Helping Children with Autism package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Department of Education and Training.

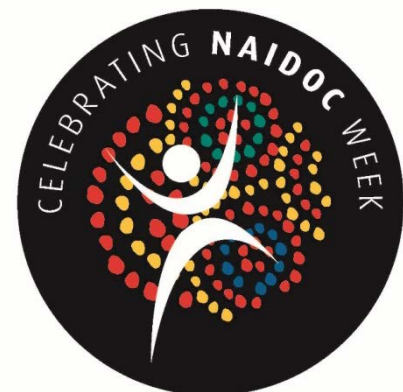
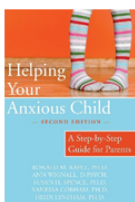


Some Helpful Parenting Resources from Got It!

Websites: both Kids Matter and Raising Children are great interactive websites with topics on all things parenting.

- Developmental and parenting - <https://www.kidsmatter.edu.au/>
- Developmental and parenting - <http://raisingchildren.net.au/>

Books:



**BECAUSE OF HER,
We Can!**

8-15 JULY 2018



Education
Public Schools

Eat more fruit and vegies

Did you know?

- ★ 58% of primary and 80% of secondary school students do not eat the recommended daily amount of vegetables.
- ★ Research shows that watching a lot of TV is associated with children and teenagers drinking more soft drink and not eating enough fruit and vegetables.
- ★ Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.
- ★ Eating fruit and vegetables every day helps children and teenagers grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

How many serves do kids and teens need?

All of us need to eat a variety of different coloured fruit and vegies every day – both raw and cooked. The recommended daily amount for kids and teens depends on their age, appetite and activity levels – see table below.

Age (years)	Fruit (serves/day*)		Vegies (serves/day*)	
	girls	boys	girls	boys
2-3	1	1	2½	2½
4-8	1½	1½	4½	4½
9-11	2	2	5	5
12-18	2	2	5	5½

* One serve of fruit is 160 grams (equal to 1 medium-sized apple; 2 smaller pieces (e.g. apricots); 1 cup of canned or chopped fruit; ½ cup (125ml) 99% unsweetened fruit juice; or 1½ tablespoons dried fruit).

* One serve of vegetables is 75 grams (equal to ½ cup cooked vegetables; ½ medium potato; 1 cup of salad vegetables; or ½ cup cooked legumes (dried beans, peas or lentils)).



Fresh fruit is a better choice than juice

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

“Children may need to try new fruits and vegies up to 10 times before they accept them”

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