



SMITHTOWN PUBLIC SCHOOL

Week 1 Term 3 – Wednesday 25 July 2018

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2018

Thursday 26 July	GOT IT Program
Friday 27 July	SRC PJ's Day – Gold Coin Donation
Thursday 2 August	GOT IT Program
Friday 3 August	Science Day Assembly – 2.30 pm
Monday 6 August	Education Week Macleay Public Schools Music Festival
Thursday 9 August	Macleay Public Schools Excellence Awards GOT IT Program
Friday 10 August	Macleay Athletics Carnival
Monday 13 August	Waterwise Visit
Thursday 16 August	GOT IT Program
Friday 17 August	Assembly – 2.30 pm
Sunday 19 August – Friday 24 August	Canberra Excursion Years 5 - 6
Wednesday 22 August – Friday 24 August	Coffs Harbour Excursion Years 3 – 4
Thursday 23 August	GOT IT Program
Monday 27 August	Book Fair Week / Book Parade
Thursday 30 August	GOT IT Program
Friday 31 August	Assembly – 2.30 pm
Thursday 6 August	GOT IT Program
Friday 7 August	SRC Crazy Sock Day – Gold Coin Donation
Thursday 13 August	GOT IT Program
Friday 14 August	Assembly – 2.30 pm
Tuesday 18 September	School Cup Cricket
Thursday 20 September	GOT IT Program
Friday 21 September	SRC Bingo Afternoon
Thursday 27 September	GOT IT Program
Friday 28 September	Assembly – 2.30 pm Last Day term 3 P&C Disco
Monday 15 October	Term 4 commences

5/6 CANBERRA EXCURSION 2018

5 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 August 2018.

3/4 COFFS HARBOUR EXCURSION 2018

5 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 August 2018.

PRINCIPAL REPORT

STUDENT LEADERSHIP

This term as we increase our focus on student wellbeing our Year 5 students will be developing leadership skills as mentors for the program.

Each morning student will join with their peers in their morning class group to connect to each other and share with each other how they are feeling, so they are settled and ready to learn. It will encourage empathy and willingness to recognise our feelings, to develop a sense of being part of a community of learners who share a common journey.

Leaders will encourage the children to identify as a type of weather, colour, animal or transport and over time children will develop the vocabulary and recognise the importance of feelings in the way we behave and the impact it has on others.

CONGRATULATIONS

Congratulations to Ryan who has been selected to play in the Rugby Union team to play at the PSSA State Championships in Coffs Harbour.

This is a significant achievement and we wish him all the best. Congratulations to Coby who also attended the trials and did extremely well.



CRUSTY'S BAKERY, GLADSTONE

Crusty's Bakery have been extremely generous in donating many many loaves of bread for our breakfast program completely free. We would like to thank Crusty's Bakery as we sincerely appreciate their kindness and generosity.

GOT IT PROGRAM

Just a reminder to our families who are involved in the GOT IT program that it commences this Thursday at our school.



Education
Public Schools

EDUCATION WEEK

MECS MUSIC FESTIVAL MONDAY 6 AUGUST

Students will be leaving the school at 9.30 am and will return at approximately 2.30 pm. Students are required to wear their full school uniform hat and have morning tea, lunch and water bottle for the day.

NIGHT TIME PERFORMANCE AT MELVILLE HIGH SCHOOL – 6.30 pm

- Parents and carers are to transport their child/children.
- All students must arrive at Melville High School Hall 2 at 6.00 pm sharp.
- All students must be in full school uniform.

TICKETS - will be available to purchase at Smithtown Public School administration office from this Friday at a cost of \$8.00 per ticket.

Please sign the blue permission note enclosed and return to the school with payment as soon as possible.

PACER – CANBERRA EXCURSION REABTE

Students from our school will soon be undertaking an education tour of the national capital. Students will be given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education.

To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30.00 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.



Lower Macleay Preschool are offering a special rate of \$20.00 for two days during the first week for all new enrolments in August.

To be eligible your child must be four, or turn four before 31st July, 2018, or your family holds a Health Care Card. Please contact the preschool on 6567 4743 for more information.



Dear parent,
Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight. Best of all it's **absolutely FREE**.

WHEN DOES GO4FUN RUN?
Go4Fun runs for 10 weeks after school during the school term, and children attend a fun filled 2 hour session each week with their parent or carer.

WHAT DO WE DO AT GO4FUN?
Every week the children will be involved in fun and interactive games and activities to get their heart rates up and enjoying being active.

Each week you and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. The program also includes a supermarket tour where you get to put everything you've learnt into practise.

START UP PACK
Your child will receive a start-up pack including a:
• Go4Fun backpack,
• Go4Fun t-shirt,
• Go4Fun water bottle, ball and wristbands.
Your child will also earn up to **3 bonus attendance rewards** over the ten Go4Fun sessions.

Parents receive a \$15 fresh fruit and vegetable voucher for each session you attend, plus a folder full of weekly session information, activities, recipes and more. Plus you will receive a practical Meal Mate cup to help with portion sizes and a Detective Card to help decipher nutrition information on food packaging. Parents receive a report on their child's progress and health improvements following Go4Fun.



WHAT RESULTS ARE WE LIKELY TO SEE?

Since Go4Fun began in July 2011, we have helped more than 300 children and their families across the Mid North Coast to lead fitter, healthier and happier lives. Our results show that on average, as a result of the program, Go4Fun children now:

- have a reduced waist circumference
- eat more fruit and vegetables each day
- drink less soft drink
- are more active and meet the physical activity guidelines
- spend less time in sedentary activities
- have improved self-esteem

WHAT DO PAST PARTICIPANTS THINK OF GO4FUN?

"I think by far the reason Chloe did so well in Go4Fun was she was being taught from a source other than me. She was given knowledge and she began to make choices to be healthier. This is a lesson that I believe will last both of us throughout our lives. The leaders made it fun to learn about good nutrition and regular physical activity and we all enjoyed doing active games together, even the parents."

"Go4Fun will be something I will remember forever, and Chloe will too. I cannot recommend the program highly enough to any parent thinking of joining. Give it a try it could change your lives." **Sue, Port Macquarie**

"Even though we knew the nutrition and exercise information before we started, it's helped us so much."

Matilda is not only healthier but so much happier, with a boost in self-esteem and confidence. She misses Go4Fun and always looks forward to catching up with the others from her group." **Tracey, Coffs Harbour**

ENROL TODAY!

Registrations for Term 4, 2018 programs are now open with limited places available in our Port Macquarie, Wauchope, Kempsey, South West Rocks, Nambucca Heads and Coffs Harbour programs. We'd love to welcome you and your child into a Go4Fun program and encourage you to secure your place.

Kempsey Term 4 program will run:
Thursdays 3.30pm to 5.30pm starting October 18th, 2018
Venue: Kempsey West Public School

To register: freecall 1800 780 900 or online: www.go4fun.com.au

