



Smithtown Public School

Week 2 Term 4 – Monday 21 October 2019

30 – 38 Cannane Street, Smithtown NSW 2440

Phone: 6567 4529 Fax 6567 4823

Email: smithtown-p.school@det.nsw.edu.au

Website: <https://smithtown-p.schools.nsw.gov.au>

Term 4 2019

Week 2

Friday 25 October	NRL Rugby League Clinic World Teachers Day Assembly 2.30 pm
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Week 3

Wednesday 30 October	Kindergarten Orientation 2020 #3 9.30 am – 11.00 am
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Friday 1 November	Life Education Visit
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Week 4

Monday 4 November – Thursday 7 November	Year 5/6 Sydney Excursion Chess at SWR Public School
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Friday 8 November	SRC Crazy Sock Day – Gold Coin
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Week 5

Monday 11 November	Year 6 Personal Development
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Tuesday 12 November	School Rotary Awards
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Wednesday 13 November	Lower Macleay Education Network / Rotary South West Rocks Public Speaking Competition
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Thursday 14 November	Surf Safety assessment Years 4 - 6
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Friday 15 November	Responsible pet program K/1
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Week 6

Wednesday 20 November	Kindergarten Orientation 2020 #4 Parent Session 9.30 am – 11.00 am
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Friday 22 November	School Surfing Years 4/5/6
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Week 8

Monday 2 December – Friday 13 December	School Swimming and Safety Program K-2
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Week 9

Wednesday 11 December	Year 6 Farewell Night
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Thursday 12 December	Whole School Presentation Night
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Friday 13 December	Year 6 Big Day Out
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Monday 16 December – Tuesday 17 December	Hat Head Camp Out
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Wednesday 18 December	LAST DAY OF SCHOOL
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PRINCIPAL REPORT

BIKE SAFETY

It is great to see so many children riding to and from school. We would like to encourage you to revise bike safety with your child and check their helmet actually fits them correctly. You can fix a broken leg but you can't fix a broken brain!

We have attached an information sheet explaining how a helmet should fit.

The Roads & Maritime Service have a very informative section on their website in regards to bike safety see the link below.

<https://www.rms.nsw.gov.au/roads/bicycles/safety-rules/index.html>

TELL THEM FROM ME SURVEY

Today you will receive a quick survey via class Dojo that helps to inform us about things that are going well and what we can improve. It is an anonymous survey that will contribute to our future planning.

The first class to complete their survey via classroom Dojo will win a prize!



My family completed the Tell Them From Me Survey.

Family Name: _____

Please return this slip to your classroom teacher.



FITNESS AND ATHLETICS

We recently completed a 10 week athletics and fitness program with expert providers from Aptitude Fitness. Our students were certainly tested for their fitness and endurance in certain aspects of movement.



PBL – Responsibility

- Return borrowed equipment
- Help pack away equipment
- Cover the sandpit



Education
Public Schools

STAGE 3 SYDNEY EXCURSION

Just a friendly reminder to all our Year 5/6 parents and carers that there is only **(2) weeks** left before the stage 3 Sydney excursion. Thank you to our parents who are taking advantage of the schools payment plan. Keep those payments rolling in!

MOSQUITO REPELLANT / SUNSCREEN

After the recent rainfall we have noticed that mosquitoes are on the increase in the playground and in the classrooms. As per policy and procedure we are not permitted to spray our students with insect repellent or apply topical cream to stop the itch. We strongly suggest that you apply repellent and topical cream at home in the morning before your child attends school.

We are also focusing on NO HAT NO PLAY as summer has arrived early. Can we also suggest that you apply sunscreen to your child each morning before coming to school to ensure they are protected from the sun during outdoor play time. Sunscreen is always readily available at school for student to self apply.

NSW NETBALL GALA DAY

Thank you to Ms Williams and Jo who escorted our year 3 and 4 students to Kempsey for a NSW Netball non-competitive training / gala day last Thursday.

It was a wonderful opportunity for our students to learn and experience the skill involved in playing netball without the pressure of competition. We certainly have some upcoming netball talent in our school!



CRAZY HAIR DAY – GOLD COIN DONATION

The SRC facilitated a fun filled fundraising day of crazy hair styles last Friday. They collected \$89.00 worth of gold coins for their efforts.

Congratulations and thank you to our very generous school community!



The funds raised will contribute to purchase new swings for our playground.

KINDERGARTEN ENROLMENTS AND TRANSITION PROGRAM FOR 2020 STUDENTS

Our transition dates are as below:

TERM 4		
Week 3 Transition # 3	Wednesday 30 October 2019	9.30 – 11.00 am
Week 6 Transition # 4 and <i>Parent Information Session</i>	Wednesday 20 November 2019 <i>PARENT INFORMATION SESSION</i>	9.30 – 11.00 am

EAT A RAINBOW – THE MAD FOOD SCIENCE PROGRAM

Last Friday your child/children participated in our rainbow colour of healthy sandwich and wrap fillings lunch.

Students got to create and make their own rainbow colour food on a wrap. They must have been good because there was not any waste! For further information on rainbow food and great easy recipes for your child/children's lunchboxes check out the link <https://therootcause.com.au/recipes/>



P&C CANTEEN

Canteen Volunteers Term 4 - 2019

Dates	Volunteers
Friday 1 November	
Friday 8 November	
Friday 15 November	
Friday 22 November	
Friday 29 November	
Friday 6 December	
Friday 13 December	

The P&C are looking for volunteers for our Friday canteen meal deal days. If you can spare two hours on a Friday morning to prepare and distribute our student's meal deal orders we would love to hear from you. You can call Jo in the office on 6567 4529 or fill in the form above and return it to the school office.

P&C Trivia Night

We have had some awesome donations from South West Rocks and local businesses.

A child's body board, beach cooler bag, inflatable pool bar, \$25.00 gift voucher from Jellies, \$50.00 Bar & Bistro voucher from the Seabreeze Hotel, \$99.00 Rocks Beauty Therapy Facial voucher, \$20.00 Sixty Degrees Café voucher, Good Vibes Homeware gift, Eko's dream catcher just to mention a few. Heaps more to come!

WHEN: 31/10/2019 - 5/12/2019 TIME: Thursdays 3:45pm - 4:45pm LENGTH: 6 weeks AGE: 5-12 Years COST: \$75	WHERE: Smithtown Football Field Cannane St Smithtown NSW, 2440
YOUR LEAGUE STARS COACH IS: Garry Stevenson gstevenson@nrl.com.au 0429 834 204	



THE ROOT CAUSE SIMPLE RECIPE ONE POT CARROT CAKE

Ingredients

- 125g butter, cubed
- 1/4 – 1/2 cup of sugar
- 2 eggs
- 2 tblspns milk
- 1 tspn vanilla essence
- 1.5 cups grated carrot (I grated, then cut it into smaller pieces)
- 1/2 cup sultanas
- 1.5 cups wholemeal self-raising flour
- shredded coconut, cinnamon and pepitas to sprinkle on the top of the cake

Method

1. Pre-heat oven to 180 degrees
2. Melt butter in a saucepan over medium heat
3. Take saucepan off heat and stir in the sugar
4. Whisk the eggs, milk and vanilla together
5. Add the eggy milky mixture to the sugary butter mix, and stir
6. Stir in the grated carrot and sultanas
7. Stir in the flour
8. Pour into a lined cake time (I used a lamington tray because it's easier to cut into squares for the school lunchbox)
9. Sprinkle on the mix of coconut, cinnamon and pepitas
10. Bake in oven for 25-30 minutes until golden and skewer pulls out clean
11. Allow to cool and cut into pieces

Storing

This one pot carrot cake freezes well. Cut it into small pieces to be included in the lunchbox.



The BreastScreen van is coming to

SOUTH WEST ROCKS

18 November—5 December 2019

Behind the SWR Country Club



SMITHTOWN PUBLIC SCHOOL
P & C PRESENTS....

Family TRIVIA

OVER \$1000 IN PRIZE
DONATIONS FROM LOCAL
BUSINESSES TO BE WON!!



\$10 entry
Kids free!

Trivia by
Chicka

Family fun

Raffle prizes

BYO
Snacks

Kids Games

5PM - SAT 2ND NOV 2019
SMITHTOWN SPORT &
RECREATION CLUB

Call 65674529 after 3pm to book a table
(max 10) or we can make up a table for you!