



# Smithtown Public School

Week 3 Term 4 – Monday 28 October 2019

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## Term 4 2019

### Week 3

Wednesday 30 October Kindergarten Orientation 2020 #3  
9.30 am – 11.00 am

Friday 1 November Life Education Visit

### Week 4

Monday 4 November – Thursday 7 November Year 5/6 Sydney Excursion  
Chess at SWR Public School

Friday 8 November SRC Crazy Sock Day – Gold Coin

### Week 5

Monday 11 November Year 6 Personal Development

Tuesday 12 November School Rotary Awards

Wednesday 13 November Lower Macleay Education  
Network / Rotary South West  
Rocks Public Speaking  
Competition

Thursday 14 November Surf Safety assessment Years 4 - 6

Friday 15 November Responsible pet program K/1

### Week 6

Wednesday 20 November Kindergarten Orientation 2020 #4  
Parent Session  
9.30 am – 11.00 am

Friday 22 November School Surfing Years 4/5/6

### Week 8

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

### Week 9

Monday 9 December Oz Harvest Visit – 2.00 pm

Wednesday 11 December Year 6 Farewell Night

Thursday 12 December Whole School Presentation Night

Friday 13 December Year 6 Big Day Out

Monday 16 December – Tuesday 17 December Hat Head Camp Out

Wednesday 18 December **LAST DAY OF SCHOOL**

## PRINCIPAL REPORT

### WORLD TEACHERS DAY

Congratulations to Mrs Bennett who was recognised at this year's Australian College of Educators World Teachers Day Award Ceremony. Mrs Bennett received this award for her outstanding contribution to education.



Also on world teachers day the whole school stopped for morning tea to celebrate our amazing teachers here at school with a delicious Crusty's Bakery cake.



### STAGE 3 SYDNEY EXCURSION

Please note that the bus will be departing from Smithtown Public School next Monday 4 November 2019 at 8.00 am sharp. Students will need to be at school by 7.45 am for roll call. A separate reminder note will be sent home later this week.

### PBL – Respect

- Listen and follow instructions straight away



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## NO HAT NO PLAY

Just a further reminder that we will continue to implement the no hat no play policy here at school. This very unusual hot spring weather is a reminder that our students must wear their school hat whilst in the playground.



SunSmart Snippet

# The simplest way

... to know when sun protection is required.

UV is not like the sun's light which we see, or the sun's warmth which we feel. Our senses cannot detect UV so it can be damaging without us knowing.

**Protect yourself in five ways when the UV is 3 and above**



SLIP SLOP SLAP SEEK SLIDE

Sun protection is required today from \_\_\_\_\_ to \_\_\_\_\_  
Maximum UV Index \_\_\_\_\_

Access the daily sun protection facts via the free SunSmart app at [www.sunsmart.org.au](http://www.sunsmart.org.au)



**When UV is 3 or above you need to SLIP, SLOP, SLAP, SEEK, and SLIDE!**

Go to [www.sunsmartnsw.com.au/resources](http://www.sunsmartnsw.com.au/resources) to download our free resources to document your local daily sun protection times and help you implement best-practice sun protection.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)

## LIFE EDUCATION FRIDAY 1 NOVEMBER

Our Life Education program is most effective when we work together; Adopting a system-wide approach, our program is most effective when engaging the entire school community; students, teachers and parents. It's an approach designed to impact the health and well being of Australia.

### Program goals:

- Build AWARENESS of the topic or issue(s) covered
- Encourage REFLECTION on the effect of the topic or issue
- Share KNOWLEDGE that students need to make informed decisions
- Help students identify and develop response **STRATEGIES**
- Help students to develop the **SKILLS** and confidence that they need to apply those strategies on a day to day basis.

<https://www.lifeeducation.org.au/>

## SCHOOL MAINTENANCE WORKS

Over the past six weeks we have had a lot of tradesmen at our school completing long overdue maintenance work. This work is almost completed and our school is looking ship shape.

We have had the following works carried out:

- A new timber deck on the Library veranda.
- Music room a wall replaced and the whole building painted inside and out.
- The student's toilet block painted.
- The student's bubbler/ hand washing area painted.
- New paling fence installed on the south west boundary.
- New soccer goals.
- New netball goal.

## ADMINISTRATION OFFICE REFURBISHMENT

In addition to the school maintenance works we have just been successful in a building application for the refurbishment of the schools administration office.

The refurbishment will provide a more functional space based on a work place health and safety ergonomic design allowing our office staff to provide excellence in customer service.

The refurbishment will commence on Friday 13 December 2019 and will be completed for our return in Term 1 2020.



**FEAST**  
FOOD EDUCATION AND  
SUSTAINABILITY TRAINING

## PARENTS YOU ARE INVITED TO JOIN US!

OzHarvest, Australia's leading food rescue organisation, has developed a special presentation for primary school students and accompanying educational resources that raise awareness about reducing food waste, food insecurity and the impact of OzHarvest.

This is a free service provided to schools in NSW and parents are welcome to attend.

OzHarvest will be presenting to Smithtown Public School. The timeframe for the presentation is 45 minutes. Beginning: Monday 9 December 2019 at 2.00 pm.

This is an outstanding presentation and we hope you can join us.



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### The presentation will cover the following topics:

The problem of food waste and food insecurity – globally and in Australia

- The environmental consequences of food waste
- The impact of food insecurity on people
- The OzHarvest Story
- Our tips to fight food waste at home and school
- Q&A session

## 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

## P&C CANTEEN

Thank you to Robyn and Maureen who have volunteered for this week's canteen. Delicious chicken burgers are on the menu see the orange meal deal order form to be returned by Wednesday 30 October 2019.

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.

Canteen Volunteers Term 4 - 2019

Dates	Volunteers
Friday 1 November Chicken Burgers	Robyn O'Regan
	Maureen Johnston
Friday 8 November Nacho's	Darnell Critchfield
Friday 15 November Chicken/Ham Wrap	
Friday 22 November Macaroni & Cheese	
Friday 29 November Fried Rice & Chicken	
Friday 6 December Frittata & Salad	
Friday 13 December Pizza	Darnell Critchfield

## P&C Trivia Night

**DON'T FORGET TO RING THE SCHOOL OFFICE ON 6567 4529 TO BOOK YOUR TABLE!**

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!

## 2020 SCHOOL TRAVEL APPLICATIONS NOW OPEN

Applications for student travel in 2020 opened on Friday, 11 October 2019.

Students progressing to year 3 and year 7 no longer need to re-apply if they:

- are continuing at the same school
- are residing at the same address
- have not been sent an expiry notification from Transport for NSW.

Where a student meets the new distance eligibility, the system will automatically update their entitlement. If they do not meet the new eligibility, they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

If students need to update their information or re-apply, they should go online to

<https://apps.transport.nsw.gov.au/ssts/updateDetails>

Applications need to be submitted before 31 December 2019 to ensure student entitlements are updated and their current entitlement/card is not cancelled. If their application is submitted after 31 December 2019, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2020.

Students residing in Rural and Regional (R&R) areas should receive their travel pass at the commencement of the new school year from their nominated operator, this may be distributed via the school or sent direct to their address. Note: some R&R operators do not issue travel passes. Students/Parents should confirm with their nominated operator if they do not receive a pass.

## DURRI

Durri Aboriginal Corporation Medical Service (ACMS) provides a holistic primary health care service to the Aboriginal and Torres Strait Islander communities of the Macleay and Nambucca Valleys and are hosting two Community Cultural Days to celebrate 40 years of incorporation.

The events will be held on the 2nd and 3rd of November. The Saturday event will be held at Kempsey Race Club and the Sunday event will take place at the Macksville Showground, both from 10.00 am to 3.00 pm. We will have free rides, free entertainment, a food van, stalls, traditional bush tucker demonstrations and cultural dance demonstrations. Durri will have a stall and will be talking to members of the community to tell them about their services.



Everyone is invited to join us as we celebrate 40 years of incorporation



Free Entertainment | Free Rides | Stalls  
Cultural Displays | Food Vendors + More

Saturday 2 November 2019  
Kempsey Race Club  
10am - 3pm  
Warwick Park, North St,  
Kempsey NSW 2440

Sunday 3 November 2019  
Macksville Showground  
10am - 3pm  
111 Rodeo Dr,  
North Macksville NSW 2447

### Term 4 update

## School Banking newsletter.

**Let's talk about pocket money**  
Giving your child pocket money is a great way to teach them practical money skills. Here, we've created a fun activity sheet for kids that looks at earning pocket money and how to manage it using the three money buckets approach. We hope it helps you start a conversation about the value of money with your child.

**Pru's pocket money puzzle**  
Pru spent a busy week doing jobs on the ice base camp and wants to know how much pocket money she's earned. Can you help her?  
If Pru fed the baby harp seals, sorted out the recycling from the rubbish and tidied up base camp, how much pocket money did she earn?

**Pru's jobs list**

- Feed the baby harp seals **\$2**
- Sort out the recycling from the rubbish **50c**
- Tidy up base camp **50c**

**How much pocket money did Pru earn?**

**Addy's money buckets**  
Follow the string to work out how much pocket money Addy saves, spends and gives.

**Term 4 Polar Savers rewards**  
When your child makes 10 deposits with School Banking, they can redeem one of our Polar Savers rewards. Term 4 rewards are available now, while stocks last.

Any questions about the School Banking program? Talk to your School Banking Co-ordinator or visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

Commonwealth Bank of Australia ABN 48 123 123 124

**Cancer Council**  
Healthy Lunch Box

Nutrition Snippet

## The simplest way

... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	<a href="#">Homemade bliss balls</a>
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	<a href="#">Homemade fruit muffins</a>

For snack ideas visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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