



Smithtown Public School

Week 4 Term 4 – Monday 4 November 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 4

Thursday 7 November	Chess at SWR Public School
Friday 8 November	SRC Crazy Sock Day – Gold Coin Assembly 2.30 pm
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 at Gladstone hall
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
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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

PBL – Respect, Responsibility, Safety

- Students will be creating a set of rules and guidelines for our three new swings.

Thank you to Leon Critchfield who kindly volunteered his time and expertise as a qualified arborist to install our three new swings. Our students are busy working on the rules as part of their PBL lessons this week.



L:R Kyah & Brooke demonstrating how to safely sit on the swing

PRINCIPAL REPORT

STAGE 3 SYDNEY EXCURSION



Year 5 and 6 students were very eager and excited this morning as they headed off on their Sydney excursion. Keep an eye out on the school's Facebook page for their adventure updates.

P&C FUNDRAISING TRIVIA NIGHT

Congratulations to our amazing P&C for facilitating a wonderful night full of trivial knowledge, laughter and friendly banter.

Thank you to Mr Lewis for preparing all the questions and quizzes, Chicka for presenting the questions on the night, Smithtown Bowling Club for the venue, the generous business houses in the Macleay Valley who donated prizes and to all our wonderful family, friends and community members who were there to support the P&C fundraising efforts.

We can't wait to hear from the P&C to see how much money we raised and what they are going to purchase for our students and school.



The Higgins, Nee and Pont families enjoying trivia!



Education
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SRC CRAZY SOCK FUNDRAISING DAY

This Friday the 8 November remember to wear your sports uniform with the most crazy pair of socks you own for a gold coin donation!

EAT A RAINBOW SANDWICH MONDAY 11 NOVEMBER 2019

We are continuing on with our Mad Science Program and as a result when we did a survey on food within lunch boxes statistics indicated that many sandwiches are made with basic fillings.

We saw this as an opportunity to introduce a range of rainbow coloured vegies into the diet of your children as a healthier option. Brown or grain bread instead of white and a chance for children to actually make their own lunch.

So on next Monday 11 November 2019 students can pay \$1.00 for their rainbow coloured sandwich and make their own sandwich with whatever rainbow coloured options they would like.



A SPECIAL REQUEST - NO POPPERS PLEASE!

We would like to request that poppers not be sent to school. They contain six (6) teaspoons of sugar which is not a healthy option, and students are constantly leaving their empty poppers on the playground with the plastic straw and straw wrapping blowing around the school grounds. No doubt the plastic wrappers and straws are blowing onto our surrounding streets, gutters and drainage systems as well as the river.

Just a reminder we have our water fountain that your child can refill their water bottle through out the day which is free and a lot healthier option. We thank you for your support on this matter.

SOUTH WEST ROCKS PUBLIC SCHOOL CHESS CHALLENGE

This Thursday Jysaya, Max and Zali will travel to South West Rocks Public School to compete at South West Rocks' annual chess challenge. We wish them the best of luck!

LOWER MACLEAY EDUCATION NETWORK PUBLIC SPEAKING 2019

Smithtown Public School along with Kinchela and Gladstone are holding a public speaking competition. The competition will consist of two levels.

The competition begins at class level, followed by an inter school competition. The finalist of each class will participate in the Lower Macleay Education Network Public Speaking Competition in week five on Wednesday 13 November 2019 at Gladstone Hall.

Smithtown Public School students will deliver their speech in class during weeks 4 and 5 this term. (i.e. is between Monday 28 October 2019 through until Monday 11 November 2019).

The finalists from each class will then progress to the Lower Macleay Education Network Public Speaking Competition:

- K – 3 one student per year
- 4 – 6 two students per year

Students that do not progress will attend the public speaking competition as the audience and as support to their fellow class members. Parents, family and friends are invited to attend the competition at Gladstone Hall.

The task of preparing the speech for Early Stage 1, Stage 2 and 3 will be a homework task. However, ongoing practise of prepared and impromptu talks in class, will be given to assist the children.

The aim of the competitions is to:

- promote the public speaking skills of all students
- develop effective listening skills
- encourage confidence in students and the ability to speak in front of an audience
- develop the public speaking skills of students who have a talent and to promote this talent through a competition

Length of time for speeches:

- Stage 1 (years K,1 and 2)- 1 minute with a bell at 40 seconds.
- Stage 2 (years 3 and 4) - 2 minutes with a bell at 1 minutes 30 seconds.
- Stage 3 (years 5 and 6) – 2 minutes 30 seconds with a bell at 2 minutes.



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.

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

Our transition dates are as below:

TERM 4		
Week 6 Transition # 4 and Parent Information Session	Wednesday 20 November 2019 PARENT INFORMATION SESSION	9.30 – 11.00 am



Our baby chicks are being welled looked after by all our mother hens!

Canteen Volunteers Term 4 - 2019

Dates	Volunteers
Friday 8 November Nacho's	Darnell Critchfield
	Cheryl Wyndham
Friday 15 November Chicken/Ham Wrap	Siobhan Graham
	Julie Hazelton
Friday 22 November Macaroni & Cheese	
Friday 29 November Fried Rice & Chicken	
Friday 6 December Frittata & Salad	Siobhan Graham
	Julie Hazelton
Friday 13 December Pizza	Darnell Critchfield
	Cheryl Wyndham

P&C CANTEEN

Thank you to Darnell and Cheryl who have volunteered for this week's canteen. Scrumptious nachos is on the menu. See the orange meal deal order form to be returned by Wednesday 6 November 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.

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.



Melville High School

Year 7 2020 Information Sheet

School Address: Nicholson Street, South Kempsey 2440
Phone: 6562 7511 **Fax:** 6562 7405
Website: <http://www.melville-h.schools.nsw.edu.au> **Email:** melville-h.school@det.nsw.edu
Facebook: www.facebook.com/melvillehs

Principal: Mrs Vicki Staunton
Deputy Principals: Ms Linette Baker, Ms Sandy Jackson, Ms Lisa Gear

High School Orientation Day

Tuesday 3rd December, 2019
Start time: 8:55am **Finish time:** 3:20pm

Students are to wear primary school uniform and are to meet out the front of Hall 1

What to bring: Morning tea, cold drink, exercise book and your pencil case

We will provide a BBQ, fruit and cold drink for lunch.

There will also be bookbags available to purchase and The Uniform Shop (Joys Place) display with options to purchase or layby uniforms

SCHOOL TERM DATES FOR 2020

Term 1	Wednesday 29th January for Year 7 – Thursday 9th April
Term 2	Tuesday 28th April – Friday 3rd July
Term 3	Tuesday 21st July – Friday 25th September
Term 4	Monday 12th October – Wednesday 16th December



Nutrition Snippet

The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

healthylunchbox.com.au



BreastScreen

Every 2 years

FREE SCREENING MAMMOGRAMS

Recommended every 2 years for women aged 50 – 74

The BreastScreen van is coming to
SOUTH WEST ROCKS

18 November – 5 December 2019
Behind the SWR Country Club

