



Smithtown Public School

Week 6 Term 3 – Monday 26 August 2019

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Term 3 2019

Week 6

Wednesday 28 August	Cricket Gala Day Gladstone
Friday 30 August	Root Cause visit – The mad science day K/2 9.15 am – 10.30 am 3/4/5/6 – 11.45 am – 1.15 pm Parent session – 2.00 – 3.00 pm Assembly 2.30 pm

Week 7

Monday September 2 – Friday September 27	Fruit n Veg month
Thursday 5 September – Sunday 8 September	Spring into Art – Gladstone Art Gallery

Week 8

Tuesday 10 September	NRL Clinic
Wednesday 11 September	P&C Meeting 6.00 pm

Week 9

Thursday 17 September	NRL Clinic
Thursday 12 – Sunday 15 September	Spring into Art – Gladstone Art Gallery

Week 10

Tuesday 24 September	Small Schools NRL gala day - Gladstone
Wednesday 25 September	Kindergarten Orientation 2020 #1 9.30 am – 11.00 am
Friday 27 September	Last day of term Colour Fun Run Assembly 2.30 pm

Term 4
Commences
Monday 14 October 2019

Principal Report



School Administrative staff recognition week

Our SAS staff play an important role in the school community. They are often the first people you see when you enter a school and are essential to maintaining positive relationships with students, parents and the community.

SAS staff work in school offices, classrooms, libraries and maintain and care for school grounds and buildings.

They are often the ones to tend to students when they are unwell and they ensure the efficient management of school financial and administration functions.

I would also personally like to acknowledge and thank all our SAS staff for the valuable work you perform and your contribution to supporting great teaching and learning outcomes in our school.



L:R Jo, Allison, Helen, Sandy (absent Wayne)

PBL – Responsibility

Sit down during eating time

Student wellbeing and success at school

Parents and families you play a critical role in supporting your children to develop the skills and behaviours that promote wellbeing and success at school and beyond.

- Find [advice and practical tips](#) for building your child's wellbeing.
- Discover [wellbeing topics](#) such as bullying and online safety.
- This new hub is for parents and families to support you in supporting your child

<https://studentwellbeinghub.edu.au/parents/about>



Persistence



Your child will be bringing home today five persistence power awards for you to recognise when they have been persistent at home. You can put their name on the back and what they did to demonstrate being persistent.

They can return it in their communication folder and they will be placed in a weekly draw where five winners will be drawn out.

The mad science day

This Friday, 30 August 2019 we have the 'Root Cause' instructors visiting our school to demonstrate that healthy foods taste yummy. The program is designed to get children to taste with their tongues and not their eyes.

Your child will be attending workshops throughout the day. Please see the blue permission note enclosed. At 2.00 pm the 'Root Cause' instructors will be facilitating a parent seminar and we would love to see all our parents getting on board reinforcing the learning that took place during the day.

Peer groups - fishing

Are there any parents and or carers that don't mind putting bait onto a hook and taking the catch of the day off the hook?

Mr Lewis needs your help every second Friday between 1.30 pm – 3.00 pm at the Smithtown wharf for peer groups. If you think you can help out please call into the office with 100 points of identification so Jo can process and screen you as a school volunteer.

Our students enjoying peer groups learning to fish



Peer groups - Baking

On Friday we made an alternative to commercially produced snack bars. The children will be bringing home a piece today to share with their family as it contains peanut butter which cannot be consumed at school due to workplace health safety reasons.

Home-made muesli bar recipe:

Combine

- 2 cups crushed cereal
- 2 cups left over rice bubbles
- 2 cups muesli or rolled oats
- 1 cup choc chips
- 1 cup coconut

Add seeds, nuts, dried berries to taste.

Blend together:

- ½ cup honey
- ½ cup coconut oil
- ½ cup peanut butter
- 1 cup dates that have been soaked in 1 cup of boiling water.

Stir through the dry ingredients and press into a lined slice tray- refrigerate until firm.

Cut and store in an airtight container or freeze.



Amber enjoying her time in learning how to prepare and make healthy snacks



Lewis is looking forward to sharing with his family the healthy muesli bar he helped prepare!

School Fun Run

5 weeks to the colour fun run



Just a reminder that our School Fun Run will be held on the last day of Term 3, Friday 27 September 2019. Our goal is to raise \$4000.00 to keep the Lower Macleay Education Network Community Bus on the road.

The bus allows us to transport your child/children to extra-curricular activities at a reasonable cost. If you need support setting up an online profile for your child please do not hesitate to come into the office and Jo will help you through the steps. You can also be fundraising the old fashion way by collecting cash and coins using the student sponsorship forms handed out in week one of term three.



Book week parade

Thank you to Ms Vicary and our school leaders for facilitating such an entertaining book parade. We would also like to extend a massive thank you to our parents who supported their child/children in their costuming.

It was wonderful to see so many parents, carers, grandparents, family and friends attend the parade.



Stage 3 Sydney excursion

Just a friendly reminder to all our Year 5/6 parents and carers that there is only seven (7) 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!

Live Life Well @ school grant

Recently we received notice that we were successful in obtaining a Live Life Well @ school grant.

We are planning a master chef style competition where students prepare family meals and take them home as a sample for families to score.

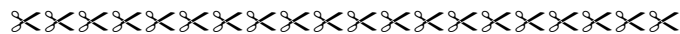
Your family will be the judge and get a free sample of the recipe already prepared for you.

We would like some ideas about what are some family favourites that we could prepare and share with the community.

Another aspect is community engagement – we would prepare the favourite meals and invite some senior members of our community to dinner to demonstrate our skills and have a yarn about the past (our subject matter for history this term).

The final aspect is learning about ideas for lunchboxes so that we can swap expensive less nutritious food for healthier options to improve our health and that of the environment at the same time.

Can you please complete the form below and send it back to the office with your ideas.



FAMILY FOOD FAVOURITES

Our favourite family food is:

Members of the community we could invite to dinner:

Name: _____

Address: _____
(to send the invitation)

Phone: _____



Kindergarten enrolments and transition program for 2020 students

We are taking enrolments for our 2020 kindergarten class. If you have a child, or know of anyone that will be enrolling at our school in 2020, please call the office so Jo can add your contact details to our enrolment list.

Our transition dates are as below:

TERM 3		
Week	Date	Time
Week 10 Transition # 1	Wednesday 25 September 2019	9.30 – 11.00 am
TERM 4		
Week 1 Transition # 2	Wednesday 16 October 2019	9.30 – 11.00 am
Week 3 Transition # 3	Wednesday 30 October 2019	9.30 – 11.00 am
Week 6 Transition # 4 and Parent Information Session	Wednesday 20 November 2019 PARENT INFORMATION SESSION	9.30 – 11.00 am



Macleay Public Schools
Delivering Excellence, Opportunity, Innovation and Success

Spring into Art

K-12 ART EXHIBITION
Celebrating excellence in the Creative Arts

Macleay Valley Community Art Gallery, Gladstone
Thurs 5th Sept – Sun 8th Sept
Thurs 12th Sept – Sun 15th Sept
10.30am – 4pm

Featuring outstanding artworks from the talented students of our Macleay Public Schools.



YOU ARE INVITED TO
THE IMPACT OF FOOD ON TEACHER, STUDENT & PARENT WELLBEING WORKSHOP
FRIDAY 30 AUGUST 2019 AT 2.00 PM TO 3.00 PM

The workshop will inform you of the impact of food on everyone's wellbeing, it specifically covers:

- A look into Today's Food Culture
- The importance of the food we eat, and how it makes us feel
- The impacts food has on wellbeing and academic results
- The life skill of how to read packet
- 3 Steps to better health
- The importance of role modelling food in schools

Bel Smith, the presenter, is the founder of The Root Cause and is one of Australia's leading independent voices in children's health. The Root Cause's vision is to create a generation of food literate children who choose real food every day, enabling them to be better learners, more successful students, and go on to help build stronger, healthier and more sustainable communities. The teachers and staff of our school will be attending a workshop facilitated by Bel to ensure they are proficient in teaching as per requirements of the Department of Education's curriculum. Students will also be attending workshops to support their learning on this subject matter. Bel is offering to facilitate a parent workshop to ensure our parents can support their child's learning.

Bel will arm you with an understanding of how food can be impacting behaviour and results in the classroom plus your own health and performance. Parents can undertake their own personal health plan and learn how to read packet labels for their own personal use.

PLEASE RETURN

I _____ would like to attend the impact of food on wellbeing on

Friday 30 August 2019 at 2.00 pm at the school.

T:\Teacher\Administration & Organisation\2019\Healthy Communities Grant\Root Cause Invitation.docx

Dear parent or carer,

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.

WHAT DO WE DO AT GO4FUN? Every week children play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child learn about healthy eating, setting goals, portion sizes, label reading and more. The child receives up to 3 attendance prizes, and parents a \$20 fresh fruit and vegie voucher each session they attend. School-aged siblings welcome.

Registration for Term 4, 2019 is open with limited places in the **FREE, FUN Kempsey Go4Fun** which runs Wednesday afternoons from 3.30 - 5.30pm at Kempsey McElhone Pool, starting 16 October 2019.

Register NOW at Free call 1800 780 900 or at www.go4fun.com.au

GO4FUN
HEALTHY ACTIVE HAPPY KIDS



Live Life Well @ School



Healthy lunchbox inspirations

- Keep it fresh and healthy
- Avoid packaged snacks full of sugar
- Think small and easy to pick at for kids
- Cookie cut sandwiches for fun shapes
- Separate items with silicone cups

Have fun and be creative!



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