



Kearsley Public School

NEWSLETTER

"Individuals Achieving Goals Together"

Principal: Sue Holt

FORTNIGHTLY

Thursday 16 October 2014

Issue: 16

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From The Principal's Desk *'Education can be the most powerful weapon we use.'*

Term 4 - Welcome back to everyone as we start the busiest term of the year. A calendar has been sent home to all families to keep you up to date as it is important to keep well informed about what is happening with our students. We will be organising classes for 2015 soon. Please let us know if you will be leaving KPS or you know of new enrolments.

New sport shirt -Thank you to all members of the P&C who came along to the meeting. A new school sport shirt was voted in for 2015. It is navy blue with red and white inserts. It will be available for purchase at Flanagan's ready for next year.

Kinder Orientation -Today we held our first Kinder Orientation to welcome our new Kinder students and parents. All students enjoyed their first interaction with our school. We look forward to another two sessions on Friday 23/10 and Thursday 6/11.

Use of School premises after hours -It is nice that children can enjoy kicking balls around out on the grassy area or shoot baskets on the outdoor court but over the last two weeks there have been children/teenagers coming under the COLA and using the sandpit and moving tables around. Using the grass and court area is acceptable ONLY, if it is treated with respect. The other areas of the school are OUT OF BOUNDS after school hours and on the weekends. Thank you for helping us to look after our school.

Intensive Swimming -This great scheme starts on Monday 27th October. We have 58 students ready to participate. Please ensure your child is organised every day and at school by 9:00am ready to leave. Mrs Fairlie and Miss Rawlins will accompany our students. Please ensure that payments have been paid to the office by next Wednesday please.

SONG ROOM Festival will be held on Tuesday 27th October at Cessnock Performing Arts Centre. Our students will perform as a single item and as part of the massed choir. Miss Rawlins has been working hard with our excited singers.

We look forward to sharing term 4 with you!

S. Holt Rel. Principal

Important Dates:

24 Oct	Kinder 2015 Orientation 2
27 Oct-7 Nov	Intensive Swimming Scheme
28 Oct	Song Room Festival - Choir
29 Oct	Reptile Park Excursion Kinder & Yr1
30 Oct	Money Talks Show
6 Nov	Kinder 2015 Orientation 3
13 Nov	Yr6 Orientation to CHS
17 Nov	Wetlands Excursion Yr 2/3
20 Nov	Camp Out @ School Yr 3/4

Inside this issue:

<i>Book Club Orders</i>	2
<i>New Sports Shirt 2015</i>	2
<i>Kookaburra Awards</i>	2
<i>Reptile Park</i>	3
<i>Intensive Swimming</i>	3
<i>Canteen Roster</i>	4

Kookaburra Awards

Mrs Pitt	Miss Williams	Mrs Fairlie	Miss Rawlins	Mrs Trigg
Klay W	Zac C	Cody P	Jake G	Gemma-Rose D
Jesse P	Jack B	Seth A	Sam A	Lilly G
Pierah K	Monique A	Katlyn E	Harrison R	Tyluh S
Ava D	Kaydence B	Jye D	Justin P	Ryan C
Clare C	Darcy P	Izaiah W	Rhett D	Annaliese H
Maddi B	Harmony L	Malakai L	Jai B	Luke P
Ruby G	Preston K	Seth A	Kye B	Lloyd D
Bella I	Savanna C-R	Ebony B	Brodie E	Bradley R
Mary W	Zaria W	Jackson H		Darcy B
Saranah R	Ella C	Jarrold H		Jack G
Luke A		Jason W		Adam A
Nate R		Courtney S		Noah W
Montannah V				

Book Club Orders

Book Club orders and money need to be returned to the office by Friday 24 October 2014. If you wish to make purchases for your children as Christmas gifts please send a note in an envelope with the order and when the books arrive back at school we will put them aside for you to collect.

Bullying and Harassment

Attached to today's newsletter is a pamphlet on bullying and harassment with some helpful tips. Most parents don't understand what bullying is and can sometimes confuse it with just the normal interactions amongst students as they move through school. More often than not students will have a disagreement about something, go home and tell their parents and the next day the students are friends again. The definition for bullying is **repeated** oppression, psychological or physical, of a less powerful person or group of persons (RIGBY, 1996:15). At Kearsley PS we will not tolerate bullying in any form and staff have been trained to help support students who feel they are being bullied. Encourage your child to report any issues they have to a teacher or parent.

Year 3/4 Campout 20 November 2014

CampOut with Kids is a fantastic fun program where one parent and child camp overnight at school and participate in the CampOut program. The cost is \$30 total for one parent and child. Each student must have a parent/mentor/suitable adult stay with them overnight to participate. Permission notes were sent home today with details.

New Sports Shirt 2015

The P&C held a vote and it was a unanimous decision to change the sports shirts from white to navy. The new shirts will be on the shelf to purchase from Flanagan's late this term ready to start for term 1, 2015. Cost will be \$24.95. Flanagan's are reducing the white shirt down to \$10 to get rid of them. So if anyone wants a new white shirt get in quick as sizes are limited. The shirt will be phased in so the white shirt will still be able to be worn until you need to purchase a new sports shirt.



Intensive swimming scheme

We have had a fantastic response to the swimming program, 58 students will be participating. The program will commence on Monday the 27th October until Friday the 7th November. A bus will be provided to and from swimming. The bus will be subsidised by the school. The cost for students to attend the 9 day program will be \$30. Please return **notes and money by Wednesday 22 October 2014.**

Wetlands Excursion Year 2/3

Year 2/3 will be participating in an excursion to the Hunter Wetlands Education Centre on Monday 17 November 2014. Private transport will be required on the day for this excursion to be possible. Parents are able to stay for the day if they want; the entry fee for parents is \$8.00. We will be leaving school at 9am and leaving the Centre at 2pm to return in time for the afternoon bus at school. Permission notes were sent home to students, notes and money need to be returned by 12 November 2014.

Reptile Park Excursion Kinder & Year 1

Kinder and Year 1 are going on an excursion to the Australian Reptile Park at Somersby on Wednesday 29 October, 2014. Travel will be by Rover Motors bus. We will be leaving school at 9.15am and returning by 3.00pm. Cost for students is \$20 which covers the bus and entry in to the venue. Parent helpers were drawn from a hat and have been notified. Cost per parent helper will be \$15 which covers the bus fare. Helpers will not need to pay entry as you will be covered by the school. Please return permission notes and money to the school by Friday 24 October 2014.

Money Talks Show

The money talks show will take place on Thursday 30 September for all students in Yr1—6. For students involved in Intensive Swimming they will attend the show after they return.

MILO T20 Cricket

The Milo T20 Blast Cricket Day that was scheduled to be played this week and was cancelled due to the weather will now be held at a later date in November. New permission notes will be sent home once the new date has been confirmed with the school.

Kindergarten 2015 Orientation 2

Our second Kinder 2015 Orientation is on Friday 24 October 2014 from 10.00am until 11.00am. Please meet on the grass area near the sandpit ready for games (with Year 5 buddies). Please ensure your child wears a hat, joggers (no sandals) and has a drink bottle.

Song Room Music Festival

On Tuesday 28 October 2014 Kearsley PS Choir will join together with other local schools to sing at the Song Room Festival at Cessnock Performing Arts Centre (CPAC). **Parents/Carers and friends are invited to attend the performance which starts at 11:30am.** Seating will begin at 11:15am to ensure an 11:30 start time. Full school uniform must be worn and students will arrive at CPAC between 10:00 and 10:30am.

SWIMMERS: Students attending swimming school will be taken by bus straight to the CPAC after swimming has finished ready for rehearsal.

NON SWIMMERS: Students not involved in the swimming scheme will be transported by bus leaving school at 9:45am and returning at 2:15pm. Cost to non-swimmers will be \$2.00 per child.

Miss Rawlins and Mrs Holt will accompany our students. The students will perform representing our school and as part of a combined schools choir.

Permission notes and money need to be returned by Friday 24 October 2014.

***PLEASE NOTE THIS EXCURSION IS FOR MEMBERS OF THE SCHOOL CHOIR ONLY**

Kearsley Canteen Roster - Term 3 2014

NSW Department of
Education & Communities

October

Mon	Tue	Wed	Thu	Fri
13 CLOSED	14 Julianne Duggan Jane Hayes	15 Louise Robertson Leanne Robertson	16 Bobbie Orr Nichole Levett	17 Nicole Dunncliff Lynne Dunncliff
20 CLOSED	21 Tina & Wes Batey	22 Patricia Bell HELP NEEDED	23 Amanda Penfold Tina Batey	24 Melva McLennan Rayleen Bereczky
27 CLOSED	28 Renee Flaherty Colleen Jones	29 Sandy Robinson Tina Batey	30 Amanda Vine Kristy Jones	31 Melva McLennan Rayleen Bereczky

November

Mon	Tue	Wed	Thu	Fri
3 CLOSED	4 Amy Archibald Vanessa Rockley	5 Kristy Jones	6 Sarah Kedwell Carol Wilton	7 Amanda Penfold Patricia Bell
10 CLOSED	11 Julianne Duggan Jane Hayes	12 Louise Robertson Leanne Robertson	13 Bobbie Orr Nichole Levett	14 Melva McLennan Rayleen Bereczky
17 CLOSED	18 Tina & Wes Batey	19 Patricia Bell HELP NEEDED	20 Amanda Penfold Tina Batey	21 Nicole Dunncliff Lynne Dunncliff
24 CLOSED	25 Renee Flaherty Colleen Jones	26 Sandy Robinson Tina Batey	27 Amanda Vine Kristy Jones	28 Melva McLennan Rayleen Bereczky



**ALL SYSTEMS
COMPUTING
CESSNOCK**

**REPAIRS & UPGRADES
NEW PC'S & NOTEBOOKS
ANTIVIRUS SOLUTIONS**

ONSITE SERVICE

SHOP 2/99 WOLLOMBI RD

CESSNOCK WEST

02 49914122

We're your computer people!



SCHOOL BANKING

Please send in bank books
every Thursday for Mrs
Duggan to process. Thank
you.



Nutrition Snippet

The simplest way

...to add fruit and veg to brekky

Try our winning breakfast ideas at home:

- Serve your toast with a sliced avocado and/or tomato
- Create a breakfast pizza with a wholegrain muffin, mashed pumpkin, chopped vegies and melted cheese
- Blend bananas and frozen raspberries with a handful of baby spinach, add a cup of reduced fat milk, honey and unprocessed bran for a fruit smoothie
- Simply slice some banana or strawberries onto your regular breakfast cereal



For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit



Kearsley PS Correct Shoe Policy

In Season in Summer – Apricots

Apricots - like peaches, nectarines, plums and cherries - belong to a group called stone fruits because they have a tough, inedible seed in the centre. They were first grown in China over 4000 years ago but are now found in most parts of the world thanks to traders on ships who travelled between many different countries. The lovely orangey yellow colour of the flesh means that apricots are rich in carotene (a pre-cursor to vitamin A), vitamin C and fibre, plus they provide natural energy to help kids be physically active. Choose apricots which are nice and plump, have a strong colour and smell sweet. Eat raw as a snack or for Crunch&Sip®!



Davina Lawless

Pilates teacher, personal trainer, group fitness instructor, wellness coach & sports nutritionist

Contact me for classes and personal appointments

0447 685 541

davinalawless@rocketmail.com

WHAT: Pilates with Davina
WHEN: Tuesday Mornings @ 9:30am
starting 7 October 2014
WHERE: Kearsley Community Hall
COST: \$10 per session
WHO: All Welcome

Iodine and learning

Iodine is needed for the thyroid gland, growth and brain development. Sources of iodine include:

- cow's milk, yoghurt and cheese
- Seafood
- seaweed – as used in sushi or nori rolls





KEARSLEY PUBLIC SCHOOL

"Individuals Achieving Goals Together"

Centenary Year 1912 - 2012

Phone: 49901705
Fax: 49911018
Email: kearsley-p.school@det.nsw.edu.au

130 Caledonia Street
KEARSLEY 2325
P.O. Box 566
CESSNOCK 2325

Term 4 2014 PBL Reward Day

Dear Parents and Carers,

Students will be invited to our PBL Reward Day which will be held on Friday 12 December 2014.

It is a reward day for all of our students who have been following our PBL rules and expectations of RESPECT, RESPONSIBILITY and LEARNING.

Students who have had five (5) or more amber cards, red card or suspension throughout the year will not be invited to this day. They will be supervised at school. Students will receive an invitation next term closer to the date.

Thank you
PBL Team Co-ordinators
Nicole Pitt/ Melissa Trigg



2014-2015 Family Energy Rebate

Apply before Midnight
16 June 2015

2 MINUTES TO FILL IN A FORM
<https://applications.fer.trade.nsw.gov.au/>
* eligibility criteria apply

\$150*
TOWARDS
ENERGY
BILLS

WHAT IS THE FAMILY ENERGY REBATE?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- A \$150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- A \$165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

AM I ELIGIBLE FOR THE REBATE?

To be eligible you MUST:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

WHAT DO I NEED TO DO BEFORE I APPLY?

Before you apply, here's a quick checklist. Have you:

- Lodged your tax return for 2013-14 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

HOW TO APPLY

- **ONLINE** – it takes just two minutes to submit an application. Processing starts immediately.
- **PAPER** – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

**APPLY
ONLINE
NOW!**

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
WEB www.resourcesandenergy.nsw.gov.au/info/familyenergyrebate



Paxton Public School

Friday 17th October, 2014.

Starts @ 1pm - 6pm

- Come and help us celebrate our school's 90th birthday -



Good old fashion fun for the whole family

*Pie Eating Contest *Rides *Face Painting

*Food Stalls *Games *Gumboot Toss *Fire Truck

*Tug-a-War *BBQ Lunch *Stall Holders

*Guessing Contest *Wet Sponge Throw *Book Stall

*Displays & Demonstrations *Rolling Pin Throw

*Chook Poo Bingo *Café *Country Line Dancing

Please call Carol Avery for more information - 0447981066



Friday 17th October, 2014. Starts @ 1pm - 6pm

- 1.00pm - Fair Opening
- 2.45pm - Chook Poo Bingo
- 3.00pm - Motor Bike Wheel Stand Display
- 3.30pm - Pie Eating Contest
- 4.00pm - Tug-a-War, Gumboot Toss
- 4.30pm - Instep Country Line Dancers Demonstration
- 5.00pm - Eureka Taekwondo Demonstration
- 5.30pm - Chook Poo Bingo
- 5.45pm - Cake Cutting & Contest Winners Announced



Unlimited rides wrist bands - great value \$10 each
Wrist bands can be pre-purchased from the school office
(\$15 if purchased on the day of the fair)

BBQ lunch and Café available all afternoon,
sausage burgers, hot/cold drinks, cakes, fairy floss & popcorn.

All scarecrow entries will be on display all day.
(Scarecrows will be judged in the morning)

Over 25 Stall holders will be set up all afternoon.

Good for Kids good for life

Tempting your tastebuds

Some children take time to develop a liking for a range of vegetables. Although at times this can be frustrating and the temptation is to give up, it's important to continue offering vegetables regularly as they are packed with nutrients that children need¹.

So how do we tempt children's taste buds?

It's important to know that children often need to be exposed to a food 8-14 times before they will start to accept the taste or texture of the food. The trick is to keep offering the food, showing that you enjoy eating it and encouraging your child to taste or try that food¹.

When it comes to vegetables, it helps to serve them in different ways - some children love vegetables raw but not cooked, some love them baked but not steamed and some only like them served separately and not mixed together¹. The key is perseverance.

Below are some great vegetable ideas:

Serve them as finger food as they are easy to pick up

Serve them in different shapes by using a small biscuit cutter

Serve vegetables with dips such as cottage cheese, salsa, hummus etc.

Mix vegetables into pasta and rice dishes

Involve children in preparing and growing vegetables. This increases their familiarity and willingness to try new vegetables

Reference:

Adapted from Munch & Move Healthy eating newsletter snippets



PHONE 1300 657 197

Sculpture
IN THE VINEYARDS
2014

Picnic Day
Sunday 26th October
11am - 2pm
Wollombi Wines
25 Charlton St, Wollombi

Live Music
Milli Casey & Deanna Rose

No booking required
All Welcome

COPYRIGHT AGENCY CULTURAL FUND

Destination NSW

A day of fun in the vineyards for the whole family!
Guided tours, free sculpture making activities for kids, and a sausage sizzle.

sculptureinthevineyards.com.au

Healthy Dads, Healthy Kids

**COAL
ALLIED**
Partnership with our community

UNIVERSITY OF
NEWCASTLE
HEALTHY DADS, HEALTHY KIDS

HMRI
HEALTHY MOVEMENT RESEARCH INSTITUTE

ARE YOU A DAD? ARE YOUR KIDS IN PRIMARY SCHOOL?

DO YOU WANT TO SPEND FUN, ACTIVE TIME WITH YOUR KIDS?

Join the **FREE** Healthy Dads, Healthy Kids program!

- International award winning healthy lifestyle program
- 9 x 90 minute weekly group sessions delivered by trained facilitators
- Dads and kids spend quality time together to get fit and healthy
- Fun rough and tumble games and sports
- Secrets to getting kids physically active and reducing kids screen time
- Develops kids sports skills
- Improves families' eating habits, fitness, weight and quality of life
- Improves kids social and emotional well being



**COMING TO CESSNOCK IN
TERM 4!**

"I cannot recommend this program enough."

"Healthy Dads, Healthy Kids made me a better father."

"The four of my kids and I had smiles and sore abs. The abs were from laughing so much!"

**DADS, GRANDPAS OR ANY MALE ROLE MODEL OF PRIMARY SCHOOL KIDS
REGISTER NOW**

Starting **TUESDAY 14th Oct 2014** until **TUESDAY 9th December**. Time: 5:30pm

Cessnock Public School, Rawson St, Cessnock

Sign up for the program at www.healthydadshealthykids.com.au

or call the University of Newcastle team on 02 4921 6884



QUALITY TIME TOGETHER



IMPROVE SPORTS SKILLS



**FUN ROUGH & TUMBLE PLAY TO
DEVELOP FAMILY FITNESS**

Great reasons to be active for children and parents

- boosts confidence
- improves fitness
- makes bones and muscles stronger
- improves posture
- helps maintain a healthy weight
- lowers the risk of heart disease
- reduces stress
- improves sleep
- reduces the risk of cancer
- improves self confidence
- teaches you new skills
- develops better motor skills
- makes a person happier with their body
- lower risk of disease including heart disease and cancer later in life.

