



Kearsley Public School

NEWSLETTER

"Individuals Achieving Goals Together"

Principal: Sue Holt

FORTNIGHTLY

Thursday 4 September 2014

Issue: 14

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From The Principal's Desk 'Change your thoughts and you change your world'

Canberra Excursion - From all accounts our students, parents and staff are really enjoying their 4 day trip learning about our nation's capital. We look forward to their return tomorrow at around 5:30 pm.

Facebook - Is a great way of communicating with others when it is used with sincere intentions. It is important for everyone to remember that whatever is written stays in print for a long time. Please remember before you speak... think! Is it true? Is it helpful? Is it inspiring? Is it necessary? Is it kind? Children learn from adult modelling and we all need to set a great example for our students.

Uniform - Thank you to parents/carers for helping our students to wear their uniform with pride by wearing the correct uniform each day. Don't forget Friday is Sports Day and our children wear their sports uniform with navy or white socks. Joggers are black or white.

Fathers Day + breakfast - WOW! What a great response to our Father's Day Stall last week. Children had a great selection of gifts for the men in their life. Thank you to the P&C helpers for helping our students at the stall. The "BLOKES" breakfast is next Monday morning. We have had a fabulous response and we are looking forward to seeing our men for breakfast.

Science and Engineering Challenge - In the last week of the term Year 5 and 6 will attend a challenge day at Saint Peters High School Maitland. This will be a great opportunity for our students to test their skills and knowledge in Science. A note has been sent home. On the last Friday of term, 19th September, they will also participate in a 13 km bike trail challenge. Students will receive a note next Monday. Check your bike is in great working order!

Discipline Policy — Two weeks ago we sent out an updated version of the school Discipline Policy to all families. Please check with the office or your child to ensure that you have a copy.

Sue Holt—Relieving Principal

Important Dates:

2-5 Sep	Canberra Excursion Year 5/6
8 Sep	Father's Day Bloke's Breakfast
16 Sep	Science & Engineering Challenge Year 5/6
19 Sep	Bike Day Yr 5/6—last day of term
7 Oct	First Day Term 4
15 Oct	Kinder 2015 Orientation 1
16 Oct	C.P.R for Students
24 Oct	Kinder 2015 Orientation 2

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Kookaburra Awards

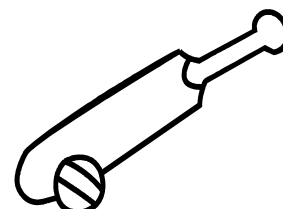
Mrs Pitt	Miss Williams	Mrs Fairlie	Miss Rawlins	Mrs Trigg
Mary W	Jack F	Jorja K	Jordarna B	Louise D
Pierah K	Harmony L	Rella S	Jake G	Bailey R
Bella I	Madison K	Jason W	Lachlan W	Dylan P
Clayton H	Kaydence B	Izaiah W	Harrison R	Braith G
Clare C	Zachary C	Courtney S	Alex K	Riley B
Maddi B	Savanna C-R	Jye D	Madison K	Zoe G
Ava D	Zaria W	Katlyn E	Sam A	Adam A
Ruby G	Maria N	Cody P	Jock D	Tyluh S
Montannah V	Madison K	Malakai L	Leah-Maree P	Luke P
Mitch S	Owen H	Jarrold H	Brock B	Sophie R
Klay W	Paige C	Callum M		
Tennielle D	Jack B	Lilly B		
Nicholas B		Chevelle B		

Kinder Enrolments 2015

Names are now being taken for Kindergarten 2015, we currently have 18 Kinders on our list. Please call at the office to add your child's name to our list. If you know of any new families that will be joining our Kinder class in 2015 could you please let them know to call at the office. Enrolment packs were sent home today and our first Kinder orientation will be Wednesday 15 October 2014. When returning your child's enrolment forms please provide their immunisation details and proof of residential address along with their birth certificate so we can take a copy, thank you.

Mulbring Cricket Club

Mulbring Cricket Club is seeking Junior and Senior players for the upcoming season. The club will have Milo cricket for boys and girls ages 4-8yrs, which will be held on Thursday afternoons, also for the juniors there are under 10's and under 12's teams, and hopefully enough for an under 14's team. Senior players are also invited to fill 1st, 2nd and 4th grades teams. All enquiries to Craig Wyborn on 0409 780 687.



Year 5/6 Science & Engineering Challenge

Year 5/6 will be participating in a science & engineering challenge on Tuesday 16 September 2014. Parent transport will be required, notes were sent home last week.

Premiers Reading Challenge

Congratulations to Lloyd D and Rhett D for successfully completing this years Premiers Reading Challenge. The challenge is now closed and Mrs Pynsent would like to congratulate all those students who completed this years challenge.

Intensive swimming scheme

An expressions of interest note will be sent home next week for children in years 2 to 6. Please note that it will be compulsory for all year 2 and 3 students. The program will commence on Monday the 27th October until Friday the 7th November. A bus will be provided to and from swimming if we are able to get enough numbers. The bus will be subsidised by the school. The approximate cost for students to attend the 9 day program will be \$30.

Bloke's Breakfast

This year the school will be hosting a 'Bloke's Breakfast' as part of the Father's Day celebrations on Monday 8 September from 8:15am – 9:00am. The breakfast has been a great success in the past and we are encouraging the 'Blokes' to come along and enjoy some time with the children. Please return invitation with numbers for catering by Thursday 4 September 2014.



Father's Day Raffle

The winners of the fathers day raffle were Madison K, Darcy B, John Orr, Matilda Dodd, Leonie Mascord and Tara Crossley. Congratulations to all our winners. The P&C would like to thank the school community for your continued support.

Uniform Lotto

Uniform Lotto began last week, students in full school uniform who are drawn out are able to choose a healthy ice block or a prize from the dip box.

Making Friends Show

Mrs Harley conducted an interview with two students from Mrs Fairlie's class regarding the "Making Friends Show". She was informed that the show taught the students the best ways to make friends and keep them. Chevelle B and Izaiah W learnt that sharing, being kind, and not being a bully were ways to keep friends. Rella S and Liam O were on the stage to help with the performance.



Helping your child with reading

Reading every day

Children value reading through watching their family use reading and writing every day.

Encourage your child to read by sharing such activities as:

- finding brands at the shops
- reading signs and posters
- following a street directory
- checking the television guide
- choosing a video
- using a recipe
- reading game rules
- reading the newspaper aloud together
- playing word games or doing crossword puzzles
- reading out instructions
- looking at letterbox leaflets
- reading magazines, comics, poems and rhymes.

Reading aloud together.

Children enjoy reading more if it is shared. Make time away from television and interruptions to read aloud with your child.



Kearsley Canteen Roster - Term 3 2014

NSW Department of
Education & Communities

September

Mon	Tue	Wed	Thu	Fri
1 CLOSED	2 Amy Archibald Vanessa Rockley	3 Chris Cunningham Linda Cunningham	4 Amanda Penfold HELP NEEDED	5 Amanda Penfold Patricia Bell
8 CLOSED	9 Julianne Duggan Jane Hayes	10 Louise Robertson Leanne Robertson	11 Sarah Kedwell Carol Wilton	12 Melva McLennan Rayleen Bereczky
15 CLOSED	16 Tina & Wes Batey	17 Patricia Bell HELP NEEDED	18 Amanda Penfold Tina Batey	19 Nicole Dunncliff Lynne Dunncliff

October

Mon	Tue	Wed	Thu	Fri
6 PUBLIC HOLIDAY	7 Amy Archibald Vanessa Rockley	8 HELP NEEDED	9 Sarah Kedwell Carol Wilton	10 Amanda Penfold Patricia Bell
13 CLOSED	14 Julianne Duggan Jane Hayes	15 Louise Robertson Leanne Robertson	16 Bobbie Orr Nichole Levett	17 Nicole Dunncliff Lynne Dunncliff

All volunteers who work in the school canteen, reading groups or who volunteer and are on school grounds need to pay a membership fee to be covered for insurance purposes. Please pay your \$2.00 P & C / Canteen membership to the school office ASAP. Amy Archibald is doing canteen rosters and can be contacted at amykarchibald@gmail.com for any questions regarding rosters.



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02 49914122

We're your computer people!



SCHOOL BANKING

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



**THE BEST HOLIDAYS
HAPPEN AT CAMP**

Choose from over 30 exhilarating camps at 10 locations across NSW these school holidays.

Kids' Camps from \$45 per day

Our Sport and Recreation Centres offer over 40 activities for kids aged 5 to 16 years. Try your hand at fishing, mountain biking, kayaking, abseiling, crafts, cooking or flying fox. You're sure to find a camp the kids will love.

fb.com/nswsportandrecreation
www.dsr.nsw.gov.au/kidscamps 13 13 02



Kearsley PS Correct Shoe Policy

Hope Valley Presents
CHURCH @ THE CHAPEL
 Hunter Valley Gardens
14.09.14
930AM

www.hopevalley.org.au
 p. 0249911603

Followed by a family picnic, games and prizes!

Be healthy – be active

Children and adults need physical activity every day. Activity helps build better bones, muscles, joints and helps maintain a healthy weight. Physical activity can also reduce the risk of heart disease, type 2 diabetes and some cancers. Get active anyway you can - walking, riding, swimming, and playing active games such as Duck, Duck, Goose or Bull Rush.

Spring Awakening



Friday 12 September from 6.30pm

Cessnock TAFE Grounds, Darwin St, Cessnock

A family friendly festival with entertainment & activities including story-telling & drumming workshops, to be held in the Cessnock TAFE grounds which will be transformed with fire, lantern & lighting installations. This is a FREE event designed to step you out of the ordinary and into the extraordinary!

Bring your friends, a chair, a rug & a picnic - or warm yourself by the fire with a hot chocolate.

Free lively entertainment and plenty of delicious food choices will keep your warm, delighted and well-fed.

Why not make your own lantern to bring along? Lantern making workshops are being held at Cessnock Performing Arts Centre on 27 August at 2pm and 6 September at 11am.



Call CPAC on 4990 7134 to reserve your place!

Calling all:
FAMILIES, CARERS, HEALTH PROFESSIONALS, SERVICE PROVIDERS, TEACHERS/ASSISTANTS, & THE GENERAL PUBLIC

HNE Carer Education & Support Program - Hunter
Invites you to the

2014 Expo for Families & Carers

What's in it for you?

- Support & Information for Families & Carers in their caring role
- Information for Professionals to support Families & Carers
- Opportunities to Network & Promote Carers Week Activities

Guest Speakers:

10.00am - 11.00am: Keynote Speakers:
Hunter New England Local Health District & Private Aged Care Services
"Aged Care Reforms: ACAT Legislation, Home Care Packages & Residential Aged Care"

12.00pm - 1.00pm: Dr Lee Sturgeon - Consultant Clinical & Developmental Psychologist
"Managing the Mental Health and General Wellbeing of Parents, Carers and Siblings of Children with Developmental Disorders including Autism Spectrum Disorders"

Children's Entertainment:

"Loopy the Clown"
"Face Painting, Animal Balloons, Magic"



Details:

Date: Thursday 9 October 2014
Time: 9.30am - 3.00pm
Venue: Newcastle Panthers, King Street, Newcastle
Cost: Free

This is a Collaborative Project between HNE Carer Support Program - Hunter and our Carer Reference Group.

For Information or to Register
Phone: 4921 4895 or 1300 887 776
or Email: EducationAdmin@hnehealth.nsw.gov.au



Good for Kids good for life

Nutrition in Schools Policy

In Term 3, 2011 DEC introduced the "Nutrition in Schools Policy"¹.

As the policy suggests all schools should promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink.

This includes the school canteen, all school fundraising, school function catering and in-class rewards.

It also stipulates that school canteens are required to implement Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

Our school is supportive of this policy and is working with the team at Good for Kids to ensure that our school activities reflect this policy.

We would encourage any parents or carers who are interested in helping our school work towards this goal to come to our schools P&C meeting to be held at (insert date and time) to review our schools fundraising strategies and school events that involve food and drink.

Reference:

¹ DEC Nutrition in Schools Policy
https://www.det.nsw.edu.au/policies/student_serv/student_health/nutrition/PD20110420.shtml?query=Nutrition+in+schools



PHONE 1300 657 197



CESSNOCK LITTLE ATHLETICS FAMILY, FUN, FITNESS

- ATHLETICS IS RUN EVERY FRIDAY NIGHT SEPTEMBER THROUGH MARCH FOR ALL AGES 3 - 73
- AFFORDABLE - ONE OFF ANNUAL REGISTRATION, NO WEEKLY FEES
- FANTASTIC WAY TO MEET NEW FRIENDS
- PARENTS ENCOURAGED TO BE INVOLVED
- OPPORTUNITY TO COMPETE AT ZONE, REGIONAL AND STATE
- VARIETY OF EVENTS EACH WEEK, 2 TRACK AND 2 FIELD
- FRIENDLY ADVICE FROM COACHES AND PARENTS

REGISTRATION DAYS

FRIDAY 5TH SEPTEMBER 5.00PM - 7.00PM - TURNER PARK
FRIDAY 12TH SEPTEMBER 5.00PM - 7.00PM - TURNER PARK

(BIRTH CERTIFICATE REQUIRED FOR NEW MEMBERS)
ASK ABOUT ATHLETE TRIALS
FAMILY DISCOUNTS AVAILABLE FOR 3 OR MORE ATHLETES

REGISTRATION OPTIONS:

1. REGISTER ONLINE
2. REGISTER AND PAY ONLINE
3. REGISTER AND PAY AT REGISTRATIONS DAYS AS ABOVE (CASH ONLY)

FOR QUERIES CONTACT :
TABATHA PARKINSON 0427 530 609
RENAE BECKETT 0412 450 489
KAREN KING 0417 479 638

Before you speak...
THINK!
Is it **T** rue?
Is it **H** elpful?
Is it **I** nspiring?
Is it **N** ecessary?
Is it **K** ind?

In Season in Autumn Broccoli

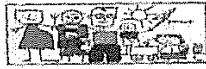


Although not known as a favourite of children's, some young Crunch&Sippers actually love eating raw broccoli for their classroom fruit and veg break. Broccoli is packed with goodness including fibre, vitamin C, potassium, folate and more. If growing your own broccoli, it is important to cool as soon as possible after harvest otherwise small yellow flower heads will develop rapidly, which are bitter in taste. Often you may see boxes of broccoli arriving into the green grocers covered in ice to prevent them from maturing further.

In Season Now - Cauliflower



Hello, I'm a cauliflower - a cousin of the cabbage family. Want to know a secret? We're not really flowers at all, or even a group of flower buds. We're a bunch of tiny stems! Like our cabbage relatives we contain substances called indoles, which scientists are researching because they may help give protection against some types of cancer. We prefer to be grown in cool, dry weather, on clay-like to sandy soil with plenty of access to water. To choose the best of us select firm, compact, creamy-white heads with florets pressed tightly together. A yellow tinge indicates over-maturity. Chop us up raw for school, when it's Crunch&Sip® time, we really get loud!



Cessnock Family Support Service

Tuning in to Kids

A six session parenting program for
parents of children aged 2 years to 12 years

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Tuning in to Kids shows you how to help your child develop *emotional intelligence*. Children with higher emotional intelligence:

- have greater success with making and keeping friends
- have better concentration at school
- are more able to calm down when upset or angry
- tend to have fewer childhood illnesses

Where: Samaritans Information & Neighbourhood Centre

198-202 Vincent Street, Cessnock

When: Wednesdays, 15, 22, 29 October 2014 and

5, 12 and 19 November 2014.

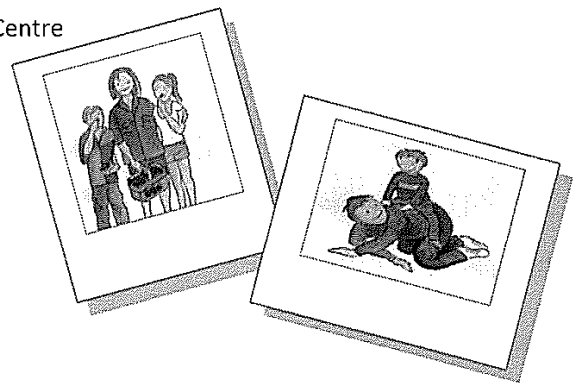
9.30am to 12pm

No childcare available

Contact: Cessnock Family Support Service

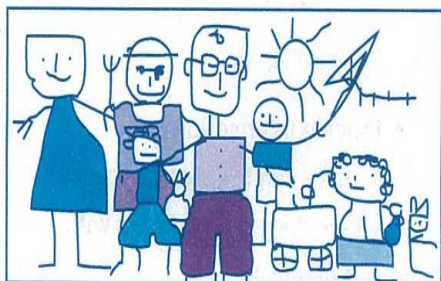
Phone: 4990 4507

Contact service to register for attendance or further information



CESSNOCK FAMILY SUPPORT SERVICE

Helping Families
Build Better
Relationships



5 Hall Street
Cessnock NSW 2325
Phone: (02) 4990 4507

A member of the NSW
Family Services Inc

Helping Families Build Better Relationships

We know sometimes families will experience challenging situations. If you require assistance when this is happening to your family we are here to provide help and support. Some of the ways that we may assist are:

- Provide encouragement and information to parents/carers to enhance their parenting role in a positive way
- Provide information and counselling to parents/carers where there are concerns with:
 - Raising children
 - Children's behaviour
 - Grief, loss or change
 - Mental health
 - Self esteem
 - Social isolation
 - Lack of family support
- Provide information/counselling to parents/carers who are experiencing domestic and family violence

Our Service Offers:

- Generalist counselling
- Short term Case management
- Home visiting
- Parental support
- Parenting programs
- Practical skills groups
- Advice and information
- Referrals to other services
- Advocacy

Cessnock Family Support
Service is a free and
confidential service