

Kearsley Public School

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Principal: Mrs Melissa Trigg



ISSUE 2, TERM 1 WEEK 4

Thursday 18 February 2016

IMPORTANT DATES

TERM 1

WEEK 4

19 Feb—Debating
Workshop

WEEK 5

25 Feb—Zone Swimming
Carnival

WEEK 9

23 March—Pink Stumps
Day...Parents V's Students

24 March—Easter Hat
Parade

25 March—Good Friday

WEEK 10

28 March—Easter Monday

1 April—School Cross
Country

WEEK 11

8 April—Last Day of Term 1

TERM 2

WEEK 1

25 April—ANZAC Day

27 April—First Day of Term
2

27 April—School Photos

Swimming Carnival

What a fantastic day! A huge congratulations to all students who came along and participated on the day. Best of luck to Jordarna, Izaiah, Zaria, Sam, Seth, Jarrod, Rhett, Toby, Flynn and Jayden who have qualified to compete at the Zone Swimming Carnival next week.



SMART Science Show

Our students enjoyed a Laser Light Science Show last week. They learnt about what light is made up of, the different colours of light as well as how lasers work and how far laser light can travel. We look forward to a Robot Science Show later in the year.



NAIDOC Art Workshop

Aboriginal students in Years 4, 5 and 6 visited Cessnock High School this week, and will return again later in the term, to create some artworks that will be displayed at the High School during NAIDOC Week.

The students had a wonderful time creating their artworks. We look forward to seeing the completed project later in the year.

As always, the students displayed beautiful manners on their visit—congratulations and thanks!



03-10
JULY
2016



Songlines
The living narrative
of our nation

Kookaburra Awards

| Mrs Manderson | Mrs Pitt | Mr McLoughlin | Mrs Singleton | Miss Rawlins | Mrs Clark | Mrs Graham & Mrs Stipack |
|---------------|-----------|---------------|---------------|--------------|---------------|--------------------------|
| Jake T-S | Chayse B | Mitch S | Rubi S | Seth A | Tyren C-R | Nathan G |
| Isla A | Kirsty F | Jesse P | Jack F | Izaiah W | Aryahn H | Kye B |
| Dylan K | Tyger L | Zarhn W | Harmony L | Korey T | Rhett D | |
| Imogen F | Antonio H | Tennielle P | Rella S | Chevelle B | Leah– Maree P | |
| Alyssa H | Koa P | | | | | |
| Vaughn W | Evie M | | | | | |
| Syd P | Jett G | | | | | |
| David R | Ryleigh H | | | | | |

Principal Awards

| | |
|--------|--------------|
| Jack W | Lilly-Arna H |
| | |

The “Tell Them From Me” student feedback survey

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 14 March and 8 April. Participating in the survey is entirely voluntary.

Prohibited Employment Declaration

All parents / carers who volunteer in any capacity (reading groups, canteen, P&C, driving students to and from sporting/excursions etc.) at Kearsley Public School will need to fill out a prohibited employment declaration form. These can be collected at the office or we can send one home with your child. A new form needs to be done each year, so if you filled one in last year a new one will need to be done for this year, thank you.

Voluntary School Contributions 2015

The voluntary contribution rate has stayed the same as the last few years. We will have a \$25 gift card for one lucky family who will be drawn from a hat. To be eligible please make your payment **by the end of term 1 to go into the draw for a \$25 GIFT CARD.**

\$30 for families with 1 student (\$7.50 per term)

\$50 for families with 2 students (\$12.50 per term)

\$60 for families with 3 or more students (\$15 per term)



These fees are not compulsory but are very much appreciated as they are put towards purchasing much needed supplies and equipment used daily by the students of our school.

School Swimming Carnival News

The School Swimming Carnival was held last Friday 12 February and was a huge success. Ribbons and the winning house will be awarded at next weeks school assembly **Friday 26 February at 9:10am.**

General Permission Notes

A general permission note was sent home with **ALL** students with the last Newsletter. It gives students permission to use the internet, permission for walking excursions, permission to have photos taken at school etc. A separate permission note will need to be filled out for each child. Please initial each one and sign at the bottom and return to your class teacher by **TOMORROW**. If you have misplaced your permission note another can be collected from the office.

P & C News

Wow, the school year is certainly under way and already feels like it is flying by! A great day was had by all who attended the annual swimming carnival last week. It was great to see all the kids getting involved and supporting their house as well as showing good sportsmanship towards each other. Thanks to the Kearsley teaching staff who organised a very successful day. Don't forget, the P&C are holding a Red Food Day next Monday, 22 February, where the students have the choice of having a hot dog or pizza for lunch with a popper and chips for \$5.00. Orders are due in ASAP, so don't miss out. For newcomers to our school, the P&C meet on the 1st Thursday of each month in the school library at 1.30pm. We discuss all matters regarding the school and canteen, fundraising and general items that may be occurring in the community. It's a great way of finding out what is happening within the school community, voicing your concerns/opinions and meeting new friends. Our next meeting will be held on Thursday 3 March 2016 at 1.30pm, which will be our AGM, where all positions will become vacant and elections will be held to fill those positions. Our general meeting will immediately follow the AGM. Everyone is welcome.

The canteen is urgently seeking volunteers to fill days each month. If you can spare one day a month or one day a week (3 hours, 9am-12pm), all help would be greatly appreciated. Thursdays are currently very short on volunteers. If you can help in any way, please contact Amy Archibald on 0431891776 or email amykarchibald@gmail.com ASAP. If some days cannot be filled, unfortunately the canteen will close on those days.

So don't forget, the next P&C meeting will be held on Thursday 3 March 2016, at 1.30pm. Hope to see you all there.

ICAS Competitions 2016 Yrs 3 –6

Once again the University of NSW is conducting the “International Competitions and Assessments for Schools” (ICAS) for students in years 3 - 6. These are external assessments in Computer Skills, Science, Spelling, Writing, Mathematics and English. If your child wishes to enter there is a fee for each competition. It is **NOT compulsory** for students to enter these competitions, only if they wish to do so. You can choose which competitions you wish to enter. **There is a minimum of 3 participants per exam so we are taking expressions of interest to see who would like to participate. If we don't reach the minimum we will not be going ahead. Please fill out the expression of interest form and return to the office by Friday 26 February 2016.**



| SUBJECT | COST | SITTING DATE |
|----------------------|---------|---------------------------|
| Digital Technologies | \$8.80 | Tues 17 May |
| Science | \$8.80 | Tues 31 May |
| Writing | \$18.70 | Tues 14 June– Fri 17 June |
| Spelling | \$12.10 | Wed 15 June |
| English | \$8.80 | Tues 2 August |
| Mathematics | \$8.80 | Tues 16 August |

\$1000 FREE KIDS DENTAL* WITH THE CHILD DENTAL BENEFITS SCHEDULE!

Great news, the Child Dental Benefits Schedule continues in 2016! The Commonwealth Government dental scheme provides eligible children with a \$1000 free kids dental benefit* on selected dental services within a 2 year calendar period.

In 2014 and 2015 many families were surprised that they were eligible for the free \$1000 benefit*. To gain access to benefits, children must be eligible for Medicare, must be between 2 and 17 years of age for at least 1 day of the calendar year with the child or parent, guardian or carer receiving Family Tax Benefit Part A or another relevant government payment.

Not sure if your kids are eligible? Contact your local Pacific Smiles Dental Centre, have your Medicare card ready and they can easily check to see if your kids are eligible or have remaining benefits from 2014.

Information provided by Pacific Smiles Dental: visit pacificsmilesdental.com.au for further information.

**Free when services covered by the Commonwealth Government's Child Dental Benefits Schedule are bulk billed by participating dentists for treatments provided to eligible patients.*



Ritchie's/IGA Supermarket Cessnock

Help Kearsley PS raise money simply by shopping at IGA Cessnock. Collect a card and key tag from the office and just swipe it each time you shop. NO forms to fill out they are already registered and ready to use! Last year donations to our school totalled \$133.69, these funds were put towards purchasing prizes for our Positive Behaviour for Learning reward system. If you are new to our school community or have misplaced your tag please call in to the office as every little bit helps. We really appreciate your support!



Clean Up Australia Day

At 2:30pm on Friday March 4, as part of Clean Up Australia Day, we will be cleaning up in and around the school grounds. Senior students will be walking down to Jeffery Park to clean up our community. Could the students please bring a pair of gloves to wear for the clean up and an old plastic shopping bag to collect the rubbish in. Children will only be picking up paper litter, not anything sharp or dangerous. Parents and community members are most welcome to come along and help the students.

Cessnock Schools as Community

Centre



facebook.com/KoeNaraCessnock

Koe-nara



pinterest.com/koenaraschools/

Playworks @ Koe-nara, Mondays 10 to 12

Supported playgroup session with Free Play, Music & Story

Let's Play @ Koe-nara, Tuesdays 10 am to 11.30 am

Discover how to use the everyday as play materials

And a visit to School Library

TERM 1
2016

Playworks @ East,

Thursdays 9am to 11am

Supported playgroup session with

Free Play, story & a few songs

Babies at Koe-Nara, Thursdays

12.30pm to 2pm

Meet new friends, find out about local services and what to expect next in your baby's development

Young Parents Playgroup at Koe-Nara, Fridays 10am to 12pm

Supported playgroup for parents who are under 25 years of age, create a scrapbook for your child, meet new people & learn about other services. Morning tea is provided.

For more information contact Jane Hodgson on 49909354 or 0428 263 854 or

Jane.Hodgson@det.nsw.edu.au or at

Koe-nara, on the corner of Rawson & Quarrybylong Sts, Aberdare



Cancer Council
NSW

SunSmart Snippet

The simplest way

...to protect your skin.

Did you know?

Sun exposure during the first 15 years of life significantly increases your chance of getting skin cancer later in life.

Be SunSmart

Always protect your skin when UV levels are 3 and above.



Protect yourself in five ways from skin cancer

- **Slip** on clothing that covers your shoulders, arms and legs.
- **Slop** on SPF30+ or higher broad spectrum water-resistant sunscreen.
- **Slap** on a broad brimmed, bucket or legionnaire hat that protects your face, ears and neck.
- **Seek** shade however you can, especially in the middle of the day.
- **Slide** on sunglasses that meet Australian Standard (AS1067).

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



Cessnock Family Support Service AND The Family Action Centre of the University of Newcastle present this **free 4 week** parenting program

Bringing Up Great Kids

Bringing Up Great Kids is a reflective parenting program to support parents to review and enhance patterns of communication with their children. *Australian Childhood Foundation: www.childhood.org.au*

Topics covered include:

- Messages from the Past
- The Message Centre
- Giving and receiving messages
- The Message Behaviour
- Messages about me
- Passing on messages



Where: Cessnock Family Support Service
5 Hall Street, Cessnock

When: Mondays from 22nd February to 14th March 2016

Time: 9.30am to 12pm

Contact: Cessnock Family Support Service

Phone: 4990 4507

Contact Cessnock Family Support service to register for the program or further information

No Childcare available



This program is presented with the support of NSW Community Services, Department of Family and Community Services

1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

A three-session program for parents and carers

at Cessnock Family Support Service

5 Hall Street, Cessnock

on Tuesdays 22nd & 29th March & 5th April 2016 from 10am to 12noon

This program is facilitated by Cessnock Family Support Service Inc

Learn:

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviours
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behaviour
- ✓ 7 tactics for encouraging good behaviour

Parents will receive:

- A 1-2-3 Magic & Emotion Coaching Parent Workbook

The course is free, morning tea is provided

No childcare available

Register for this course by contacting Cessnock Family Support Service on 4990 4507

What people are saying...

What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control

Who is running it?

The presenters for this course are employed by Cessnock Family Support Service.



For more information contact: Cessnock Family Support 4990 4507

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parents'hop® licensed practitioner. www.parents'hop.com.au



Kearsley Canteen Roster—Term 1, 2016

February

| Mon | Tue | Wed | Thu | Fri |
|--------------------------------------|--------------------------------------|--|--------------------------------------|--|
| 15 Catherine Crane Tammy Crane | 16 Teresa Hale Karen White | 17 Colleen Coombes Patricia Bell | 18 Tammy Crane Catherine Crane | 19 Melva McLennan Lynn Dunncliff |
| 22 Tammy Crane Catherine Crane | 23 Catherine Crane Tammy Crane | 24 Colleen Coombes Wes Batey | 25 Sarah Kedwell Carol Wilton | 26 Melva McLennan Amanda Penfold |

March

| Mon | Tue | Wed | Thu | Fri |
|--------------------------------------|--|-------------------------------------|---------------------------------|--|
| 29 Catherine Crane Tammy Crane | 1 Catherine Crane Tammy Crane | 2 Colleen Coombes Jodi Hodges | 3 Kate Sharpe Karen White | 4 Colleen Coombes Kimberly Johnson |
| 7 Catherine Crane Simone Goman | 8 Julianne Duggan NEED HELP | 9 Colleen Coombes Wes Batey | 10 NEED HELP | 11 Melva McLennan Amanda Penfold |



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We're your computer people!

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. A prohibited employment declaration form needs to be filled in as well. These can be collected at the office or one can be sent home with your child. Amy Archibald is doing canteen rosters and can be contacted at amykarchibald@gmail.com for any questions regarding rosters. Thank you!

SCHOOL BANKING

Please send in bank books every Thursday for Mrs Duggan to process. Some great prizes can be earned for regular banking! Thank you.

CR WINDSCREENS & TINTING

WINDSCREENS TINTING
STONE REPAIRS



PH 0412672482
FAX 02 49915224

NWG & NRMA APPROVED
AUTO GLASS REPAIRER & TINTING
PO BOX 123 MAITLAND 2320
CRWINDSCREENS.COM.AU
CRGLASS@BIGPOND.COM
ABN:45297387213

Everyone
deserves a personal
travel manager

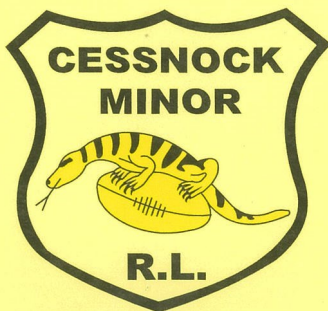


Let me tailor your next holiday



Travel
Managers
As individual
as you are

Jane Fowler
Your Personal Travel Manager
1300 855 479
E: Jane.Fowler@travelmanagers.com.au



CMRL REGO 2016

Its time to **REGISTER ONLINE NOW!**

Go to the CMRL webpage (CMRL.net.au) and
click on the "register now" button or follow us
on Facebook and click on the link provided

* All players from 6 to 16 \$105

* All under 17's \$135

Our registration fees for the 2016 season
include all club fees, so **NO CLUB FEES**
are required to be paid throughout the season.

This registration payment also includes
the additional \$5 participation fee
imposed by Newcastle Rugby League.

Every player will receive a club polo, shorts and
a pair of socks to kick off their season

For registration problems call

TAMMY AVERY on **0402 697 417**

for general enquiries call

Spot Mitchell (secretary) on **0411 024 296**

The Body Shop at Home

Davina Newell

Body Shop at Home Consultant

Host a party | Facebook:
Earn host rewards | Davina's Body Shop at home

0477 606 589



FREE Back To School Gift Packs

with any shoe purchase.

SPORTSPOWER CESSNOCK

100 Vincent Street, Cessnock, Phone: (02) 4990 4091



Good for Kids good for life

BENEFITS OF TEAM SPORTS

Participation in team sports is a great way to
increase your child's physical activity. But did you
know there are a number of other benefits to team
sports, including:

- Teaching children skills in teamwork
- Increasing communication skills
- Helping children gain confidence through interaction with other kids
- Teaching children it is ok to lose sometimes
- Making new friends
- And most importantly having fun!



There are many different team sports to choose
from such as soccer, netball, touch football and
hockey. Why not see what team sports are
available at your school or in the community for
your child to participate in?



Health
Hunter New England
Local Health District

PHONE 4924 6499

Discover real value...

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The *entertainment* Book **OR** The *entertainment* Digital Membership

We receive \$12 from every Membership sold, so order yours today. Thanks for supporting our fundraising!

Kathy Pynsent - Relay for life

Our Relay for Life team - Le Krasey Krew - is now taking orders for the 2016/17 Newcastle/ Hunter/Central Coast Entertainment Book. We would love it if you could support our team this year. For those who would like to order one...please text or email Kathy Pynsent on 0418417301 or kathy_pynsent@hotmail.com Thank you!

Morton's MEATS

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Saturdays 7am-1pm

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Best Quality Best Price

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HUNTER DENTAL GROUP

CESSNOCK, GREENHILLS & DUNGOG DENTAL
4990 1279 • 4934 7877 • 4992 3366




Child Dental Benefits Schedule

An Australian Government Dental Scheme

YES WE BULK BILL!!

Families that receive Family Tax Benefit Part A or other eligible government payments can receive \$1000 basic dental treatment for children aged 2-17 years.

For eligibility phone Medicare 132 011
For appointments call us today!

11/02/14 5:21 PM

Good for Kids good for life

RECIPE: ZUCCHINI SLICE

| INGREDIENTS | QUANTITY |
|------------------------------|----------|
| Zucchini, grated | 2 |
| Carrot, grated | 1 |
| Red capsicum, finely diced | 1 |
| Spring onions, thinly sliced | 2 |
| Cheddar cheese, grated | 1 cup |
| Shortcut bacon, diced | 4 pieces |
| Self-raising flour | 1 cup |
| Eggs, lightly beaten | 4 |
| Reduced fat milk | 1/4 cup |
| Olive oil | 2 Tbsp |



METHOD

- Preheat the oven to 180°C. Grease a 20cm x 30cm baking tin and line with baking paper.
- Combine the zucchini, carrot, capsicum, spring onions, cheese, bacon and flour in a large bowl.
- In a separate jug whisk the eggs, milk and olive oil until combined and add to the vegetable mixture. Stir to combine.
- Pour the mixture into the lined baking tray and cook for 40 minutes until golden and firm to touch.
- Serve with a crisp refreshing side salad.

NSW Health Hunter New England Local Health District

PHONE 4924 6499



cessnock
STOMP
sunday 17th april 2016

www.cessnockstompfestival.com.au

Community involvement