

# Kearsley Public School

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Website: [www.kearsley-p.schools.nsw.edu.au/](http://www.kearsley-p.schools.nsw.edu.au/)

Principal: Mrs Melissa Trigg



ISSUE 2 TERM 1 WEEK 4

Thursday 22 February 2018

## IMPORTANT DATES

### TERM 1

#### WEEK 5

26 Feb—Deadly Cooking  
1pm

1 Mar—Big Vege Crunch

#### WEEK 6

5 March—Deadly Cooking  
1pm

#### WEEK 7

12 March—Deadly Cooking  
1pm

16 March—Yr 3 and 4  
Netball Gala Day

#### WEEK 8

19 March—Deadly Cooking  
1pm

#### WEEK 9

26 March—Deadly Cooking  
1pm

30 March—Good Friday  
Public Holiday.



## Zone Swimming

Congratulations to those students who represented our school at the Zone Swimming Carnival this week. They all participated with enthusiasm and should be very proud of their efforts. Congratulations and best wishes to Izaiah W, Zaria W and Zarhn W who will be representing the school at the Regional Carnival later this term.



## SRC Team

Congratulations to all students who were elected by their classes to become part of our School Representative Committee (SRC). The team will meet each fortnight to give our students a voice in making decisions about our school and to provide ideas on how our school could be improved. Mrs Graham will be teacher leading the team this year.



## Deadly Cooking

Some of our Year 5 and 6 students began the 'Deadly Cooking' program on Monday. The program teaches students about healthy eating as well as giving them cooking experience. The part the students enjoyed the most was definitely eating all of the food they cooked! The program will continue each Monday for the next 4 weeks



## Hot Choc Friday!

Each Friday at recess Mrs Trigg will be hosting 'Hot Choc Friday' in her office. Each classroom teacher will nominate one student who has gone 'over and above' that week in the classroom to be invited to participate.

A congratulations note will be given to the student and their photo will go up in the foyer of the office.

I am already looking forward to hosting the first 'Hot Choc Friday' this week.



### Kookaburra Awards

Mrs Manderson	Mrs Pitt/ Mrs Stipack	Mr McLoughlin	Mrs Power	Miss Reid	Mrs Graham	Mr Folpp / Miss Rawlins
Denver R	Micah F	Zac B	Nate R	Savannah C	Jye D	Olivia R
Calais P	Armani P	Charlotte B	Luke A	Saranah R	Lilly B	Nate R
Tillie D	Beau P	Sandra W	Zarhn W	Tennielle P	Rella S	Klay W
Joshua B	Jack D	Connor M	Evie M	Jesse P	Jason W	Zarhn W
Sage H	Leylan H	Vaughn W	Nate P		Izaiah W	Joseph G
Rubin W	Paige L				Toby S	Leylan H
						Mike L
						Parish P

### Principal Awards

Mark P	Nathan G
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### Assistant Principal Awards

Jason W, Bella I	Imogen F, Charlie S
------------------	---------------------

## Premier's Reading Challenge

The Premier's Reading Challenge begins Monday 5 March and ends Friday 31 August. All Kearsley Public School students are able to log on at home if they choose to using their normal school login and password. If you don't have internet at home your child's class room teacher will provide sufficient time to log books read during the year. The PRC is a great initiative and I encourage all parents/carers to be involved and support your child's reading development. The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. If you have any questions please see your teacher or Mr Folpp.

## SRC Team

Congratulations to the students who were selected for the 2018 Student Representative Committee. They will work with the School Leaders and the Kuluwayn Team Leaders to fundraise money for school initiatives. The 2018 SRC Team are: Hannah C & Kai O – Year 1, Vaughn W & Emily P – Year 2, Seth K, Clare C & Olivia R – Year 3/4, Tennielle P & Sophie L – Year 4/5, Toby S, Nathan G & Zaria W – Year 5/6. Badges for all leadership teams were handed out at last Fridays assembly. Kindergarten will vote for their class SRC members in Term 2 and the elected students will join the team then.



## Late Arrivals

Rolls are marked as soon as classes start in the mornings. If your child arrives late at school please come directly to the office and sign in. The child will be given a tag to give to their teacher. This avoids absence notes being sent home incorrectly.



Sorry I'm Late

I have been to the office to  
sign in.

## Voluntary School Contributions 2018

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.

VOLUNTARY CONTRIBUTIONS ARE:

\$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.

## Prohibited Permission Notes

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. Parents who are transporting students to extra curricula activities will also need to provide the office with a drivers licence and car insurance details. Thank you for your ongoing support of our students.

## CAPA

Students are really excited about the Creative and Performing Arts groups that started this week. These groups will include Recorder group, Dance group, Drumbeat and Choir group. We are currently looking into a GUITAR teacher to begin weekly lessons. Once this has occurred we will provide prices and dates.

## Safety and Parking

This is a friendly reminder about parking on Tomalpin Street. We have had quite a few concerns from members of our community about cars parking incorrectly when picking up and dropping off children on Tomalpin Street. It is our recommendation that all vehicles are to park rear to fence for student's safety. Another concern is cars doing U-turns near the busy intersection on Allandale Street. This is illegal and dangerous. Please use other means to head towards Lake Road. **The Staff car park is for STAFF and TRUCK deliveries ONLY. Please do not drop off or pick up students from this area.** If you would like to discuss this matter further or have some concerns please feel free to see us.

## P&C News

Thank you to all the amazing staff and families who helped make our Bunnings BBQ a success. Whether you made a donation, helped on the day or came down and purchased a sausage sandwich, your generosity was greatly appreciated.

Our school shirts and school jackets can be pre-ordered with payment through the canteen (correct money would be appreciated) on Monday and Wednesday mornings between 9am – 10am. Our shirt price is \$23, while our jacket price is \$34. School winter beanies can also be ordered with payment through the canteen. Our beanies are \$10. With autumn fast approaching, now is the time to get your jacket and beanie orders in.

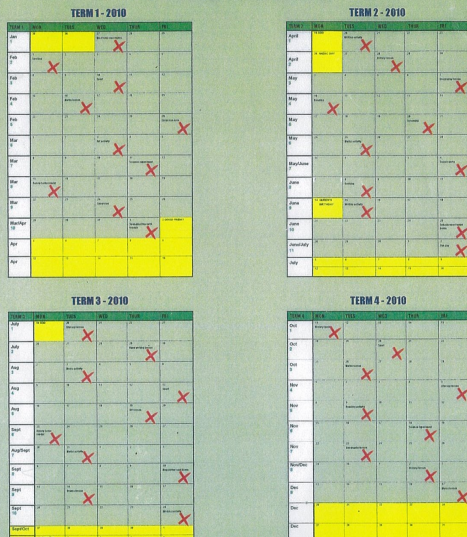
If you are interested in volunteering in the canteen this year, please contact the office or Amy Archibald on 0431891776.

Please consider joining the P&C in 2018. Everyone is most welcome. It's a great way to find out what is happening within the school, voice your opinions or concerns and share new ideas. It's also a lovely way to meet people and form new friendships.

Our next P&C meeting will be our AGM, followed immediately by our monthly meeting. This will take place on Thursday 1 March 2018, at 1.30pm in the school library. All executive positions will become vacant at the AGM and a new committee will be elected. Please ensure you are a financial member (\$2 payment to the front office) prior to this meeting if you wish to vote, hold a position or nominate at this meeting. Everyone is most welcome.

## GO GO GO for 0!

0 days away



### MISSED SCHOOL = MISSED LEARNING

Miss 1 day each week = 1 Term each year  
 = 1 ½ years by the end of Yr 6  
 = 2 ¾ years by the end of Yr 12

It's not OK to be away!

## Book Club LOOP

LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the LOOP, speak with your school's Book Club Organiser.

Head to [scholastic.com.au/LOOP](http://scholastic.com.au/LOOP)

or  Download on the App Store  GET IT ON Google play

Follow these **easy** steps!

- 1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.
- 2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.  
Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

HOME | ABOUT | REGISTER | HELP    
 LOOKING FOR MORE PRODUCT INFORMATION?

- 3 Click on **ORDER** and enter the item number from the Book Club catalogue.
- 4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

 SCHOLASTIC





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**Back to School**



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## KEARSLEY PUBLIC SCHOOL – STUDENT ABSENTEE NOTE

Please feel free to use this form when your child is either **LATE** or **ABSENT** from school



Student's Name : \_\_\_\_\_

Year (Please circle): K 1 2 3/4 4/5 5/6

Date/s Absent (Include all dates) : \_\_\_\_\_

Reason for Absence (Please indicate reasons for absences to enable the student's record to be altered accordingly) :

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent/Guardian Signature : \_\_\_\_\_

Date: \_\_\_\_\_

✍



## Kearsley Canteen Roster 2018

### February

Mon	Tue	Wed	Thu	Fri
26 Rochelle Brady <b>HELP NEEDED</b>	27 Ann Stanley Tammy Crane	28 Rochelle Brady Sammi Edwards	<u>1 MARCH</u> Rochelle Brady Miranda Delaney	2 Rochelle Brady Sammi Edwards

### March

Mon	Tue	Wed	Thu	Fri
5 Rochelle Brady Simone Goman	6 Tammy Crane Ann Stanley	7 Rochelle Brady Sammi Edwards	8 Karieanne Clifford <b>HELP NEEDED</b>	9 Rochelle Brady Miranda Delaney
12 Rochelle Brady Allison Powell	13 Tammy Crane Ann Stanley	14 Rochelle Brady Wes Batey	15 Miranda Delaney Bee Scarborough	16 Karieanne Clifford Larissa King
19 Rochelle Brady Allison Powell	20 Tammy Crane Ann Stanley	21 Rochelle Brady Sammi Edwards	22 Karieanne Clifford Ann Stanley	23 Jane Apthorpe Larissa King
26 Rochelle Brady Allison Power	27 Julianne Cripps Clark Wes Batey	28 Rochelle Brady Miranda Delaney	29 Easter Lunch Day Rochelle & Sammi	30 <b>GOOD FRIDAY</b>



## ALL SYSTEMS COMPUTING CESSNOCK IS NOW MOBILE

- ◆ Onsite Computer Repairs
- ◆ Virus & Malware Removal
- ◆ Network & Internet Setup
- ◆ New PC's & Notebooks
- ◆ Offsite Repair with Pickup & Return Available

CALL US ON  
**4991 4122 or 0417 411 967**

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 as providing 100 points of ID. 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 on 0431891776 for any questions regarding rosters. If you are unable to make your canteen day please contact the person you are doing canteen with to let them know you can't make it and try to find your own replacement. Thank you!

### SCHOOL BANKING

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





### FOR CHILDREN 4-5yrs

Drop in clinics available during APRIL school holidays for those children who have not previously had their StEPS vision assessment screen.

- No appointment necessary
- Takes 10mins
- Results provided on the day to file in your child's Personal Health Record (blue book)

Cessnock Cessnock Hospital Grounds View Street Clinic Cessnock	East Maitland East Maitland Community Health Building 58 Stronach Avenue East Maitland
9am – 12md	9am – 12md
Tuesday 24 <sup>th</sup> April	Monday 16 <sup>th</sup> April
Friday 27 <sup>th</sup> April	Friday 20 <sup>th</sup> April

For more information contact:

Sheila Cramer  
StEPS Vision Screener | Child, Family & Young Peoples Network  
Tel 49363334 | Mobile 0419960734 | Email sheila.cramer@hnehealth.nsw.gov.au



## KEARSLEY PUBLIC SCHOOL

"Individuals Achieving Goals Together"

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



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

Dear Parents/Caregivers,

This year, the Korreil Wonnai AECG has developed a shirt for the community to wear. Due to popular demand this shirt is now available to order again. The shirt is being offered to all participating schools in the community, their parents/carers and any community members who wish to buy one. Kearsley Public School has decided that any students purchasing a shirt will also be able to wear them on Wednesdays.

We at Kearsley Public School are aiming to assist with the ordering of these shirts. If you wish to order a shirt, complete the form below and return it to the front office. The shirts are \$40 each and need to be ordered and paid for by **Friday 16 March 2018**.

**SIZING:** Kids sizes through to women's and men's size 4XL.

(NOTE - shirts are of a "small" make, ordering up a size is recommended)

**Please do not pay online for these shirt orders, CASH ONLY is to be taken to the office.**

**PLEASE NOTE:** The purchase of this shirt is not compulsory.

Thank you,  
Mrs Cheetham

### AECG Polo Shirt

NAME: \_\_\_\_\_ POLO SHIRT SIZE: \_\_\_\_\_

☐ Yes I am interested in purchasing a AECG POLO SHIRT. I have enclosed \$ \_\_\_\_\_ being payment for the AECG shirt.



Signed Parent/Caregiver: \_\_\_\_\_



## Kearsley Public School "Healthy Kookaburra" Canteen

WRAPS	\$
Chicken, Lettuce & Mayo	2.60
Chilli Chicken, Lettuce & Mayo	2.70
Chicken, Cheese Lettuce & Mayo	3.00

HOT WRAPS	\$
Chicken	3.20
Sweet Chilli Chicken	3.30
Chicken & Cheese	3.50

BURGERS and ROLLS	\$
Chicken Burger, Lettuce & Mayo	2.60
Chicken & Gravy Roll	2.80

DRINKS	\$
Bottled Water	1.20
Juice - Apple OR Orange	1.40
Calcium Milk - Choc OR Strawberry	1.40

BREAD ROLLS	\$
Vegemite	.80
Strawberry Jam	1.10
Cheese	1.10
Chicken	2.20
Chicken Lettuce & Mayo	2.60

OTHER HOT FOOD	\$
Lean Beef Party Pie	1.50
Lean Sausage Roll	1.50
Ham & Pineapple Pizza	2.00
Noodles (Beef / Chicken)	2.10
Lean Beef Pie	2.20
Chicken Balls (6/serve)	2.80

#### NOTE :

BBQ or Tomato Sauce 30c/serve.

#### Children's classes

eg KP, 5/6T etc to be written on lunch orders please.

SNACK FOODS	\$
Popcorn	.70
Custard Cup	.80
Red Rock Chips - Sea Salt	1.20
Red Rock Chips - Honey Soy	1.20
Low Fat School Finger Bun	1.40
Low Fat Muffin - Chocolate	1.40

ICE BLOCKS	\$
Zooper Doopers	.50
Ice Monys	.80
Juicies	1.20
Lite Vanilla Ice cream Tub	1.30
Paddle Pop - Choc/Rainbow	1.60



### TRY SOME FRUIT

as available 20c - 50c

Don't forget School Banking On THURSDAYS!

**Lunch Order Bags**  
10c each



IF YOU ARE ABLE TO VOLUNTEER IN OUR CANTEEN, EVEN 1 DAY PER MONTH, (9AM-12PM) PLEASE CONTACT AMY ARCHIBALD ON 0431891776

IF YOU HAVE ANY ENQUIRIES, ISSUES OR IDEAS PLEASE CONTACT MELVA MCLENNAN ON 0435204702

**PLEASE NOTE: IF YOU ARE UNABLE TO DO YOUR ROSTERED DAY, IT IS UP TO YOU TO FIND A REPLACEMENT.**

THANKYOU, FROM YOUR CANTEEN COMMITTEE.

# CESSNOCK HIGH SCHOOL

## Information Evening Year 7—2019 Wednesday 28 February 2018 at 5pm

Principal:  
Chris Bice

Deputy Principal:  
Leah Watts

Deputy Principal STEM:  
Dr Scott Sleep

Community Liaison Officer:  
Nikki Murphy

Cessnock High School  
Aberdare Road  
Cessnock  
Phone: 4990 1977

Email:  
Cessnock-h.school@det.nsw.edu.au

Web:  
www.cessnock-h.schools.nsw.edu.au

Facebook:  
cessnockhighschoolofficial

On the evening the following information will be shared including:

- Unique and special features of our great school
- Expressions of Interest for Year 7 2019
- Year 7 2019 Elective Choices & ACE Class
- Year 7 2019 STEM Initiatives

The Information Evening will begin at 5pm.

Students and their parents/carers are encouraged to attend. We invite you to come and consider what we have on offer for our students.

At the conclusion of the Information Evening there will be a complimentary barbeque and a chance to chat to teachers.

If you are interested in a place for your child at Cessnock High School in Year 7 2019, it is important that you attend this information session, as some classes have limited places.

We look forward to welcoming you.

## Good for Kids good for life

### ACTIVE TRAVEL IN EVERYDAY LIFE

Active travel to school is a great way to get extra activity in your child's day but sometimes it isn't safe to do so. Luckily active travel can be added into everyday life to get your heart working!

- Check your local area for designated bike paths and ride your bikes to the shops
- Try parking at a greater distance from your location and walking the rest of the way.
- If you use public transport, get off one station before your destination and walk.
- Even making little changes in everyday life such as taking the stairs instead of the elevator can make a big difference.



PHONE 4924 6499



## PLEASE SPONSOR ME

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CLICK: the big green **SPONSOR** button

SEARCH FOR: <http://my.leukaemiafoundation.org.au/lisapetersen>

All donations over \$2 are tax deductible



Nutrition Snippet

## The simplest way

...to pack a lunch box is here!

The task of packing a healthy school lunch is now easier with the launch of our exciting new Healthy Lunch Box website [healthylunchbox.com.au](http://healthylunchbox.com.au)

The new website shows how easy it can be to pack a healthy lunch box that your kids will love.



It features an interactive lunch box builder that enables you to plan your kids' lunches on your phone, desktop or tablet - it's quick, easy and the kids will love helping too!

Healthy recipes and tips on adding more fruit and veg to lunch boxes will help set your child on a path of lifelong healthy eating to reduce their cancer risk.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes & information you can trust.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



Nutrition Snippet

## The simplest way

...to make zucchini and corn fritters

### Ingredients

2 zucchinis, grated & liquid squeezed out  
1 cup frozen or canned corn kernels  
1 cup red capsicum, finely diced  
4 eggs  
½ cup grated Parmesan cheese  
½ cup chopped, fresh dill  
6 tbsp wholemeal flour  
Olive oil spray



### Method

1. Place the zucchini, corn, capsicum, eggs, Parmesan, dill and flour in a bowl. Mix well.
2. Spray a large fry pan with olive oil and heat over a medium heat. Working in batches, fill an ice-cream scoop (or large spoon) with the mixture and drop onto the pan. Flatten the fritters out slightly with a fork. Cook for approximately 4 minutes or until brown, flip and continue to cook until that side is brown and cooked through.

Visit [healthylunchbox.com.au](http://healthylunchbox.com.au) for recipes & information you can trust.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



Nutrition Snippet

## The simplest way

...to get the kids eating more fruit and veg!

Want to learn how to create easy, budget-friendly family meals, entice fussy eaters and eat well to prevent cancer?



Register for a FREE Fruit & Veg Sense workshop to get simple tips and ideas on:

- saving money by eating more fruit and veg;
- changing family favourites into healthy meals; and
- learning clever ways to entice fussy eaters.

All participants receive a FREE recipe book.

We have proven results that this workshop helps parents to eat more fruit and veg. And if you eat more fruit and veg, your children will too!

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

