

Kearsley Public School

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Website: <https://kearsley-p.schools.nsw.gov.au>

Principal: Mrs Melissa Trigg



ISSUE 9 TERM 3 WEEK 1

Thursday 23 July 2020

IMPORTANT DATES

TERM 3

Week 1

24 July—Pie drive collection

24 July—Scripture resumes

Week 2

29 July—Yr 6 Taster lesson at
CHS 12pm -2pm

Week 3

3 Aug—Education Week

5 Aug—Yr 6 Taster lesson at
CHS 12pm -2pm

Week 4

12 Aug—Yr 6 Taster lesson at
CHS 12pm -2pm

Week 5

17 Aug—ICAS Comp

19 Aug—Newcastle Perm
Maths Comp Yr 5 & 6

Week 6

24 Aug—ICAS Comp

Week 7

31 Aug—ICAS Comp



PBL Reward Day

At the end of last term we held the PBL Reward Day with students participating in a range of outdoor activities such as the parachute, javelin throwing and soccer just to mention a few. All students had an amazing time celebrating their achievements!



World Environment Day

Towards the end of last term we participated in World Environment Day. Students spent time mulching the Learning Circle garden as well as planting some new shrubs and trees in the area. We also gave the chicken coop and vegetable patch some much needed attention.



Playground Improvements

In the holidays we had concrete laid to form a scooter track. It should be ready for action some time next week. We will also be constructing an obstacle course and a 'gaga pit' later in the term. New play equipment is also being installed in the next few weeks. Exciting times!



Beanies For Brain Cancer

Last term we participated in the 'Beanies for Brain Cancer' fundraiser. We managed to raise \$143.30 which was donated to the Mark Hughes Foundation. Thank you to all of our families for supporting this very worthy cause!





Kookaburra Awards

Mrs Stipack	Mrs Graham	Mrs Power	Mr Smith	Mr Carter	Mrs Pitt	Mrs Malam/ Mrs Richards
Lilly J	Calais P	Jack D	Hannes M	Evie S		
Skylah B	Rubin W	Taylah B	David S	Ruby G		
Temperance S	Iszac P	Kaiden P	Selene H	Jesse P		
Tyrah P	Joshua B	Sienna K	Isla A	Haimish L		

Assistant Principal Awards

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Principal Awards

Beth W	
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Restricted Access for Parents/Carers/Visitors

As part of the Department’s guidelines, all non-essential visitors/parents/adults to the school site is discouraged during this phase of the COVID-19 return plan. **Parents/carers should only access the school when there is a genuine need to do so e.g. collecting students to attend appointments.** Parents/carers can phone the school office on 49901705 at any time for enquiries or contact teachers via Dojo or email should they have any questions regarding their children.

Premieres Reading Challenge Update

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. All K-6 students are invited to participate. Books read by students can be back dated to August 2019.

Due to Covid 19 there are some rule changes.

Key changes include:

- All students will be able to include 10 choice books on their 2020 student reading records.
- All students will be able to include books read as part of collaborative reading with teachers or parents/ carers, either in person or online.
- Students who do not complete the Challenge in 2020 will not be disadvantaged from achieving cumulative PRC awards in the future.

For more information and student logon follow the link below.

<https://online.det.nsw.edu.au/prc/home.html>

Change of Contact Details

It is very important that all student, parent/carer(s) and emergency details are correct on our system. If you change your contact telephone numbers, address or emergency contacts, please notify the Kearsley Public School administration office of these changes.

Education Week

Learning together is the theme for Education Week 2020. It reflects the incredible months of 2020 where our students continued to learn and achieve, despite fires, floods, and a pandemic.

Education Week is our annual week of celebration, held in NSW for more than 50 years to highlight the achievements of our students and staff and the role of public schools as the cornerstone of their communities. This year due to COVID-19 restrictions Education Week celebrations will be held at each school individually. There will be no community gathering at our local high school as has been in previous years.

Awards will still be given at each school and will be showcased in The Cessnock Advertiser as well as a video that will be posted on the CCGPS Facebook site. Kearsley Public School will share with our community the success of our deserving award winners in our school newsletter and on our Facebook page in Week 3.

Kinder 2021 Enrolments

Enrolments are now being accepted for our 2021 Kindergarten intake. Please call the office on 49901705 to complete a pre enrolment details form if your child turns 5 by 31 July 2021. To ensure the health and wellbeing of our students, staff and community, all information required to be shown can be done so at a later date. This will include proof of your child's date of birth (usually birth certificate) and your usual place of residence. A council rates notice or rental agreement in addition to a utilities account (electricity, water or telephone) suffice as proof of usual residence. Further information regarding our Kinder Orientation schedule will follow.



PIE DRIVE DELIVERY—TOMORROW

PIE DELIVERY DATE IS FRIDAY 24TH JULY 2020—TOMORROW. Due to restricted access of visitors to our school, orders can be collected from the **KISS & DROP ZONE or outside the library gates** between approx. 2pm and 3pm. Please observe social distancing rules while waiting to collect your order. A notice will be placed on Facebook & Class Dojo when they are ready to collect. Please make sure they are all collected on this day as we have no refrigeration facilities available. Thanks for your support of our P&C fundraiser.

Kinder Orientation

Kinder Orientation sessions will commence in Term 4 providing we are able to do so with the current COVID-19 restrictions that are in place.

All families who have filled out the pre-enrolment data sheet will be sent further details at the end of Term 3.

Please note: Parents are required to stay during these sessions so we will be offering some exciting information sessions in the library while the children are learning new things in the classroom.

Voluntary School Contributions Gift Card Draw

Thank you to our families who have paid their voluntary school contribution for 2020. The money we receive is very much appreciated and put towards classroom resources for students. After a draw from the hat by Mrs Trigg the winner of the \$25 gift card was the Wadsworth family.

P&C News

Our next P&C Meeting will be on Thursday 6 August at 1.30pm. This will be a zoom meeting, further details to follow. Please join in on our meetings. It is a great opportunity to find out what is happening within your child's school and your input would be valued. It is also a good way to share ideas and make new friends. Everyone is most welcome.



School Photo Day 8 September

SCHOOL PHOTO DAY HAS BEEN POSTPONED

School photo day has been postponed and rescheduled for September 8th 2020

Please note the following;

- If you have placed an order online, that order is valid and your order will be fulfilled on photo day.
- It is important to hold on to your envelope as you will need this for the rescheduled photo date.
- Online ordering will remain open until photo day.

Please call MSP Hunter & Central Coast on (02) 4966 8292 if you have any questions

WE'RE HERE TO HELP!

P&C UNIFORM SHOP

AVAILABLE FROM THE OFFICE

Pre-order with Payment
Order Forms at Office

(CASH ONLY - Correct money appreciated)

Shirts - \$23	Jackets - \$34
Hats - \$14	Beanies - \$10

CESSNOCK
SPORTSPOWER

Back to School

+ HEAPS MORE IN-STORE

WE HAVE THE BIGGEST RANGE OF SHOES AVAILABLE LOCALLY.

ABOVE IS JUST A SMALL LOOK AT OUR RANGE, THERE ARE CURRENTLY 295 DIFFERENT STYLES IN-STORE. POP IN AND CHAT WITH ONE OF OUR FOOTWEAR SPECIALISTS TO DISCUSS YOUR NEEDS.

.NIKE.CONVERSE.PUMA.ADIDAS.CLARKS.ASICS.BLUEHAVEN.NEWBALANCE.

The Crossing

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Kearsley Canteen Roster 2020 July

Mon	Tue	Wed	Thu	Fri
20 CLOSED	21 VOLUNTEERS	22 URGENTLY	23 NEEDED	24 PLEASE
27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31 CLOSED

The school canteen will remain **CLOSED** for Term 3 until further notice due to lack of volunteers. We are in desperate need of volunteers for our canteen. If you are interested in volunteering in the canteen, please contact the roster manager— **SAMMI EDWARDS ON 0403724754**.

COVID-19 RESTRICTIONS

1. Parents and Carers are still asked to stay off school grounds.
2. If you **NEED** to be on school grounds, you **MUST** first go to the office to sign a declaration. This assists the school to complete contact tracing if needed.
3. The most preferred methods of contact are: phone call, Dojo messages, email or messenger.

Thank you for your understanding and co operation.

SCHOOL BANKING

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



Good for Kids good for life

RECIPE: TASTY SAVOURY MUFFINS

Ingredients:

- 1½ cups wholemeal self-raising flour
- 1½ cups white self-raising flour
- ¼ bunch English spinach, chopped
- ½ cup red capsicum, diced
- 1 medium zucchini, grated
- ¼ cup reduced-fat cheese
- ¼ cup parsley, chopped
- 1 cup reduced-fat milk
- 1 egg
- ½ cup canola oil
- 100g reduced-fat feta cheese, crumbled



Method:

1. Preheat oven to 220C.
 2. Sieve both flours into a large mixing bowl then add spinach, capsicum, zucchini, reduced-fat cheese, parsley and mix together.
 3. In a separate bowl, whisk the milk, egg and oil together.
 4. Fold the egg mixture into the flour mixture until combined then add the crumbled feta. Do not over-mix.
 5. Place an even amount into muffin tins and bake for 20 minutes.
 6. Serve warm or at room temperature.
- *Makes 19 muffins

Variations: Use any vegetables you think will taste good, especially leftovers.

Bush Tucker Tip: Replace spinach with Warrigal greens, blanching in boiling water for 2-3 minutes to cook.

Source: NSW Healthy School Canteens



HNELHD-GoodForKids@health.nsw.gov.au
http://www.goodforkids.nsw.gov.au/

Good for Kids good for life

DICE FITNESS

Try this fun, simple fitness activity as a family to get moving at home!

Equipment needed:

- Dice (if you can, one between two)
- A piece of paper with your six exercises clearly written (put this where everyone can see it)
- Enough space to move safely

Procedure:

- In pairs (or in a small group, or individually) roll a dice.
- Do the exercise that matches the number on the dice once. For each roll, do another repetition (for example, do the exercise twice on the second roll, three times on the third roll).

Try the exercises suggested below, or come up with your own ideas! Anything that gets you moving should work.

Exercises:

1. Burpees
2. Lunges
3. Squats
4. Mountain Climbers
5. Sit Ups
6. Push Ups



Challenge: Run or side gallop to the other side of the room/garden and back between dice rolls!



HNELHD-GoodForKids@health.nsw.gov.au
http://www.goodforkids.nsw.gov.au/

Sunsmart Snippet

Vitamin D



Sensible sun protection does not put people at risk of vitamin D deficiency.

Most kids need just a few minutes of sun exposure, such as playing outside at morning tea, to get enough vitamin D.

Protect your skin when UV is 3 or above.

www.sunsmartnsw.com.au



Nutrition Snippet

ENJOY WINTER VEG.



Try these winter warmers:

- [Red lentil soup](#)
- [Slow cooked chicken cacciatore](#)

For more recipes visit healthylunchbox.com.au

healthylunchbox.com.au





**School Dentist will be visiting
Kearsly Public School
During the week commencing 19th-23rd October
2020**

Our innovative mobile dental service was created to meet the needs of the fast paced/time poor lifestyles of many parents. We are changing the game by bringing our dental team and equipment to West Wallsend High School to provide our onsite dental services to students.



Service snapshot:

Children from families eligible for Family Tax Benefit A may be eligible for up to \$1000 of free dental over a 2-calendar year period.

Not eligible for Family Tax Benefit A?

Your child will still be seen for **FREE** in the clinic for an examination/Clean/fluoride Treatment If required.

