

Kearsley Public School

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Principal: Mrs Melissa Trigg



ISSUE 13 TERM 3 WEEK 9

Thursday 17 September 2020

IMPORTANT DATES

TERM 3

Week 9

18 Sep—CANTEEN OPEN—
FOR ORDERS ONLY

Week 10

23 Sep—Footy Colours Day

25 Sep—CANTEEN OPEN—
FOR ORDERS ONLY

TERM 4

Week 1

12 Oct—First day of Term 4

16 Oct—CANTEEN OPEN—
FOR ORDERS ONLY

Week 2

19 Oct—School Dentist

23 Oct—CANTEEN OPEN—
FOR ORDERS ONLY



Athletics—Field Events

All students had lots of fun participating in shot putt and discus events at school. Ribbons will be handed out later in the term. Thanks to Mrs Richards and Mrs Power for making sure these events happened for our students.



Debating

Over the past few weeks our two debating teams have competed against Kurri Kurri Public via Zoom. Our Year 5 team were defeated and our Year 6 team won their debate. Thanks to Mrs Stipack for working with the students.



School Photos

Our school photo day has finally occurred. It was wonderful to see everyone in full uniform and ready with their best smile! Mrs Trigg took some group and class photos as well that will be shared with families at a later date.



Gaga Pit

Our Gaga Pit is being constructed by Mr Blake and Mr Linsley. Earlier this year students voted on 3 new items for the playground. So far the Scooter Track and Gaga Pit have been completed, with the Obstacle Course being constructed next term.



Lost Property

If your child is missing items of clothing or lunch boxes and drink bottles tell them to check the lost property tub located in the hallway outside the office as it is overflowing!



Athletics Carnival Wrap-up

What a wonderful couple of weeks we have had being able to run some of our athletics events. While it wasn't our full day carnival, it was fantastic to see all of the students participating with a huge smile on their face. While we had fantastic spring weather for our track events at Jeffery Park in Week 7, we were hit with some light showers for our discus and shot put events that were held at school in Week 8. A huge thank you to our Sport House Leaders who helped to organise and run the events on the day. We had some terrific results with the following records being broken this year:

7ys Boy Age Race - Kyle Attwood 13.70s

8ys Boy Age Race - Kiarntae Webber 17.13s

8ys Girl Age Race - Armani Payne 17.93s

10ys Boy Age Race - Koa Payne 14.30s

12ys Boy Age Race - Jesse Phillips 14.96s

Jnr Boy Shot Putt - Nate Payne 6.55m

Jnr Girl Shot Putt - Evie Sharpe 4.92m

11ys Boy Shot Putt - Luke Archibald 8.80m

We look forward to handing out the ribbons and medals soon.

Renee Richards and Maxine Power.



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.

High School Transition—Cessnock HS

Due to Covid restrictions there have been some changes to the Transition to Cessnock High School, all information relating to CASE class testing will be shared with interested students and their families through Kearsley Public School as we receive it.

Transition for Year 6 students to Cessnock High School will continue in Term 4 on the following dates:

- *Term 4 Week 2: **Friday 23 October**, 9.30am-12.30pm for Orienteering Challenge.
- *Term 4 Week4: **Friday 6 November**, 10am-2pm for Gala Day at Turner Park.
- *Term 4 Week 8: **Tuesday 1 December**, 9.30am-11.30am for CHS final orientation day.

HOLIDAY CLINICS

DATE: 1/10/2020
TIME: 10.00am - 1.00pm
AGE: 5-12 years
COST: \$40
WHERE: Somerset Park Sporting Fields, Thornton

Kick-start Kinder @ Kearsley

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.



School Uniform Reminder

A number of students are frequently coming to school wearing non uniform jumpers, pants or shoes. Please remember good quality second hand items are available from our clothing pool for a gold coin donation. Due to Covid-19 restrictions please phone the school to find out what is available. The weather is starting to warm up and students are taking jumpers/jackets off when they are too hot. We have an abundance of student belongings in the lost property tub near the office. Please ask your child to check the tub for any lost property.

Summer		Winter	
Boys	Girls	Boys	Girls
<ul style="list-style-type: none"> • School Polo • Navy Shorts • White Socks • Black Shoes • School Hat 	<ul style="list-style-type: none"> • School Polo • Navy Skort or Shorts • White Socks • Black Shoes • School Hat 	<ul style="list-style-type: none"> • School Polo • School Jacket or Navy Jumper • Navy Shorts/Long Pants • White Socks • Black Shoes • School Hat or beanie 	<ul style="list-style-type: none"> • School Polo • School Jacket or Navy Jumper • Navy Skort with Navy Stockings or Long Pants • White Socks • Black Shoes • School Hat or beanie

*** PLEASE NOTE:** bike shorts, tights and hoodies **are not** school uniform so please **DO NOT** send your children to school wearing them. Thank you for your support in this matter.



P&C News

Phew, it's nearly the end of term again... where has that time gone!

Last night was our McDonald's Drive-thru fundraiser. Thank you to all who participated - we will advise how much the school will receive from McDonald's Cessnock when the amounts have been tallied!

Don't forget our "Footy Colours" red food day is next week – orders are due no later than tomorrow, 18th September. Our students are encouraged to wear the colours or jerseys of their favourite sporting teams, whether it be footy, soccer, basketball or any other sport they enjoy/follow.

Thank you to all families who are sending canteen orders in on Thursdays - it has made our canteen volunteers' jobs easier. With that said, PLEASE!! WE ARE DESPERATE for volunteers. It's from 9am-12ish on a Friday morning, so if you are able to help out, please contact Brook Gatt. If parents/carers can't volunteer, maybe think about asking the grandparents (our parents) or aunts/uncles if they could help us? We would be forever grateful.

Enjoy the Term 3 holidays (end of next week). For those who are able, make the most of the time with the children and remember this:

**"There are seven days of the week, someday isn't one of them."
Make your days count!**



**School Dentist will be visiting
Kearsley 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 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



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.



1300 266 003 PO Box 298, Gosford, NSW 2250 coast@teethnsmiles.com.au



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.



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Kearsley Canteen Roster 2020 September/October

Mon	Tue	Wed	Thu	Fri
14 CLOSED	15 VOLUNTEERS	16 URGENTLY	17 NEEDED	18 VOLUNTEERS URGENTLY NEEDED
21 CLOSED	22 VOLUNTEERS	23 URGENTLY	24 NEEDED	25 VOLUNTEERS URGENTLY NEEDED
12 <u>October</u> CLOSED	13 VOLUNTEERS	14 URGENTLY	15 NEEDED	16 VOLUNTEERS URGENTLY NEEDED

The school canteen will remain partially **CLOSED** for Term 3 until further notice due to lack of volunteers. **FRIDAY** will be our only opening day. We are in desperate need of volunteers for our canteen. If you are interested in volunteering in the canteen, please contact the roster manager—**Brook Gatt on 0407450566.**

THE CANTEEN WILL BE OPENING FRIDAY FOR ORDERS ONLY. THERE WILL BE NO CASH SALES OVER THE COUNTER AT LUNCHTIME. ALL FOOD INCLUDING ICE BLOCKS AND RECESS SNACKS MUST BE PRE ORDERED ON A THURSDAY. THANK YOU FOR YOUR SUPPORT!

Good for Kids good for life HEALTHY SCHOOL CANTEENS

When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit healthyschoolcanteens.nsw.gov.au and search 'parents and friends'



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

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.



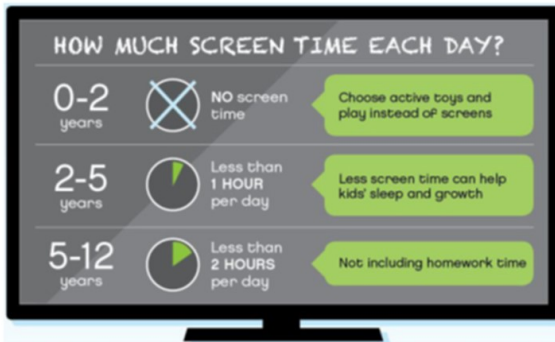
Good for Kids good for life

TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day,
- Limit kids total screen time to less than 2 hours per day,
- Remove TV sets and computers from your child's bedroom,
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24hour Movement Guidelines

The simplest way

... to swap to healthy snacks

Foods packed in the lunch box contribute significantly to a child's overall diet. It is important to try and keep unhealthy treat foods out of the lunch box. Try these healthy swaps:

Swap this	For this
Chips	Plain popcorn
Chocolate bar	Homemade bliss balls
Sweet biscuits	Raisin bread
Fruit roll ups/sticks	Tub of canned fruit
Lollies	Dried fruit
Flavoured biscuit	Crackers with cheese
Commercial muffins	Homemade fruit muffins

For snack ideas visit healthylunchbox.com.au

healthylunchbox.com.au

The simplest way

... to pack lunches for kindy kids.

Packing lunch boxes for the first time can be overwhelming. Here are our top tips for new kindy parents:



- Pack something from each of the 5 food groups plus water. Check out our [lunch box builder](#) for ideas.
- Keep foods fresh and safe by packing an ice brick or a frozen water bottle to keep lunch cool.
- Make sure your child can open the lunch box and containers.
- From day 1, make vegetables a habit in the lunch box.
- Remember it is 'OK to say NO' to unhealthy foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box examples visit healthylunchbox.com.au

healthylunchbox.com.au

Good for Kids good for life

TIPS TO HELP KIDS EAT VEGGIES

ADD TO EVERY MEAL
Based on sandwiches/wraps
• Chop up veggie sticks as snacks
• Fill half the plate with veggies

ENCOURAGE YOUR CHILD
Show them you like eating veggies too
• Add veggies to food they already like
10-15
• Be positive and positive: It takes 10 to 15 times to like a new food

TRY A VARIETY
Fresh, Frozen, canned, raw or cooked
• Different colours
• Buy in season

EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. Most kids eat Fruit each day but they don't eat enough veggies.*

Australian Bureau of Statistics (National Health Survey, 2014-15)



FOOTY COLOURS Day

WHEN: Wednesday 23rd September

WHERE:  Kearsley Public School

WHY: Raising money for the Fight Cancer Foundation

WHAT: Wear your favourite team's colours and bring a gold coin donation









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To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



*many Centrelink payments are eligible, please contact your local Coordinator for more information. Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



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- Current income statement
- Current Bank statement
- Proof of rent or board
- Proof of home ownership, such as a rates notice, loan document or title
- Any evidence of any debts and repayments made
- Recent bills paid and outstanding
- Any other documentation that will support your application.



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- Food vouchers
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- Homeowners effected by bushfire needing support to return to their home.

PH: 1300 656 336 or go to www.samaritans.org.au/heretohelp