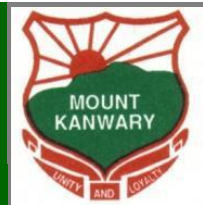


MOUNT KANWARY PUBLIC SCHOOL



Unity and Loyalty

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Ph: 4987 2596 Fax: 4987 3281

Term 4 Week 1

Email: mtkanwary-p.school@det.nsw.edu.au

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16 October 2018

PRINCIPAL'S UPDATE

NOTICE:

We have been contacted by Hunter Water today regarding 'water mains upgrade' happening at the front of the school. This will commence tomorrow so there will be disruptions to parking and pedestrian access at the front of the school. Traffic control and management from Hunter Water will be in place so please be patient and cautious during drop offs and pickups. This will be happening over several days.



Welcome Back Everyone!!

I hope you have all had a restful and enjoyable 2 week break. I have no idea where the year has gone and it seems crazy to think that Christmas is only 70 Days away!! I don't know about all of you, but at this time of the year I need to wear about 8 different hats – and this calls for super organisational processes to be operating at their peak!

Given that we have a jammed pack term coming up – you will find attached to this newsletter a term planner. Some things are still to be confirmed but at this point in time I have put in as much as possible so that you can start to plan for upcoming events.

Students are also going to be issued a planner – I would like to try and encourage our children to be proactive in organising for events both here at school and on the home front.

I have received confirmation over the break about the commencement of the roadworks at the front of the school. At this point in time – I have been told that work is scheduled to commence between 7 January and completion prior to students returning to school Day 1 Term1 2019. It is also anticipated that painting of the upright posts of the walkway areas will be done during this time as well. I will keep you informed if this should change.

Thank you to everyone who completed the school evaluation survey. If you are yet to return your survey or have misplaced your original please see Lyn in the office and she will gladly help you out.

This week our Year 6 students received their much anticipated Year shirt. The picture below shows just how fabulous they look! Thanks go to the P&C for providing a co-contribution payment towards the shirts making them a very reasonable souvenir for our outgoing students.



Our Banksia's (minus Year 6) have embarked on their 3 day camping adventures at The Great Aussie Bush Camp. I have spoken with Mrs Davis and all our campers are having a fabulous and exhausting time. Mrs Davis has expressed her absolute delight at how well behaved and polite all the Mount Kanwary students have been – and I wouldn't expect any less from these amazing students. I am looking forward to popping up for to visit the children.

We would like to welcome Miss Tamika Luly, who is replacing Mrs Greedy while she takes leave. Miss Luly is extremely pleased to be working with us and I'm sure you will all have an opportunity to meet her in the coming days.

Swimming commences this week! Anyone still needing to finalise payment can do so via the Online Payment system or by seeing Lyn in the office. Don't forget to ensure children come dressed with their swimwear under their school uniform and that they have a plastic bag and a change of underwear for the return to school.

Next week we will be spending time speaking with the children about online safety, cyber bullying and ways to stay safe. We will be encouraging the children to consider "Staying Safe – It's My Responsibility". We have registered with the Daniel Morcombe foundation and will be participating in Australia's biggest child safety lesson.

In conjunction with this we will be hosting a Cyber Safety Information Afternoon with Constable Rob Wylie – Youth Community Liaison Officer – Lower Port Stephens command. Rob will be presenting a talk to both students and parents about Cyber safety, Cyber issues and Cyber awareness. The session will run from 3.30 onwards with afternoon tea supplied.

I would STRONGLY encourage everyone to attend. As a mother, grandmother and a teacher– I have seen and do see daily the issues that can occur within the cyber world – I will be looking forward to learning as much as I can from Rob about ways to stay informed and aware.

Have a lovely week everyone!

Michelle Crowfoot
Relieving Principal



As things change throughout the year it is important that you notify the school of any changes to your employment status, phone/mobile number, emergency contact details, address, email and especially medical information. Please contact the school office at your earliest convenience to ensure we have all the correct details.

We Need Your Pictures!

In preparation for our end of year events - I would like to invite parents and carers to send in any pictures from events that have happened this year. These can be emailed to the school email account – mtkanwary-p.school@det.nsw.edu.au . Additionally if Year 6 parents could email pictures of our Year 6 students from preschool through to Year 6, it would be appreciated.

Year 6 Fundraising

This term Year 6 will be operating a canteen shop to raise money for their end of year gift to our school.

Items being sold will include: orange slices, mulberries, icy cups and various other items during the term.

Prices range from 50c to \$1.50.

Please support our year 6 in this fundraising venture.

P&C NEWS

Welcome back and I hope everyone enjoyed the school holidays. As we are now coming to the end of the year I would encourage everyone to attend the next P&C meeting scheduled for Wednesday 31 October at 3.30pm, as assistance with end of year activities and presentation night will be appreciated. With not much more to report this week I would like to remind parents that there will be no school canteen this term, unless someone is willing to step forward to assist. If you are interested in helping out please let me know.

Mark Tobin
P&C President

Term 2 Events	Date	Details
Term 4 Events	Date	Details
First day Term 4	15.10.18	▪ All students and staff return to school
Yrs3/4/5 Aussie Bush Camp	15.10.18-17.10.18	▪ Years 3-5
Swim School – all students	18.10.18	▪ Leisure centre – Raymond Terrace – till end of term
Interrelate Parent night	23.10.18	▪ Largs Public School – parent/student info night
Grandparents Day	26.10.18	▪
State Relay	1.11.18	▪ Relay team competing at State
School Disco	22.11.18	▪ School disco - P&C event
Year 6 Transition to High School day	05.12.18	▪ Maitland High School 2019 Yr7 Orientation Day (TBC)
Last Day Term 4- Students	19.12.18	▪ Last day of Term 4 for students
Last Day Term 4- Staff	20.12.18	▪ Last day of Term 4 for staff
School CLOSED	21.12.18	▪ No staff onsite


Eat It To Beat It

The Cancer Council is passionate about helping families eat more healthily.

Their "Eat It to Beat It" Program aims to help parents and children understand why fruit and vegetables are so important.

Our newsletter will be providing recipes and simple, practical advice that will help families to eat more healthily.

I hope you enjoy and find this new addition to our newsletter informative.


Nutrition Snippet


The simplest way

...to make tasty tabouli.

Serves: 6 | Preparation: 10mins | Cooking: 30-60mins

Ingredients

- ½ cup uncooked bulgar*
- 2 cups reduced-salt chicken or vegetable stock, hot
- 2 bunches Italian flat leaf parsley, chopped
- 1 bunch mint, chopped
- 3 shallots, chopped
- 3 Roma tomatoes, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice




Method

- In a large bowl, pour the boiling stock over the bulgur. Let sit for 30-60 minutes until softened and then strain through a fine mesh sieve. Cool.
- Combine the bulgur, parsley, mint, shallots and tomatoes in a large bowl. In a small bowl, combine the olive oil, lemon juice and pinch of salt. Pour over the bulgur mix and toss to mix well.

* Bulgar is a cereal made from whole wheat partially boiled then dried. It can be substituted with couscous or quinoa.

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit




SunSmart Snippet

The simplest way

...to use shade!

Shade is one of the easiest ways to protect yourself from the sun. Using shade can reduce your UV exposure by up to 75 per cent!

There are plenty of different types of shade including trees, tents and shade sails. All of these provide good protection from UV radiation.



Remember to lead by example!

Children learn from adults around them so make sure that you are seeking out shade when you go outside. Encourage children to think about where the shade is and move throughout the day to stay safe.

For total sun protection, make sure that you Slip, Slop, Slap, Seek and Slide whenever the UV is above 3.

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

