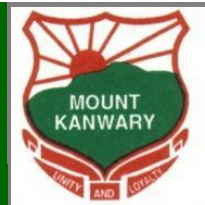


MOUNT KANWARY PUBLIC SCHOOL



Unity and Loyalty

753 Hinton Road, OSTERLEY NSW 2324

Ph: 4987 2596 Fax: 4987 3281

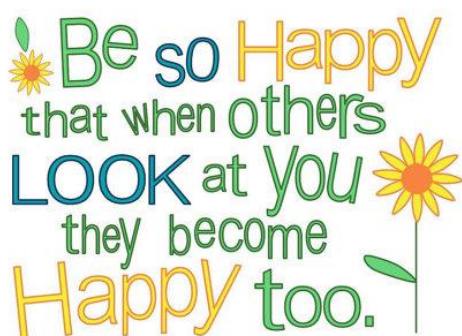
Term 4 Week 2

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

Website: www.mtkanwary-p.school.nsw.edu.au

23 October 2018

PRINCIPAL'S UPDATE



What a busy first week!

Our Year 3, 4 and 5's were blessed with some terrific weather when they attended the Great Aussie Bush Camp last week.

Mrs. Davis and the children participated in an action packed 3 days which included activities such as archery, canoeing and bush craft.

I visited the children on Tuesday afternoon and was so impressed by the behaviour and level of participation of everyone. The children took way too much delight in throwing me off the Giant Swing!!!

A huge thank you to Mrs. Davis for her time and organisation in ensuring a very successful camp.



School Evaluation Survey

Thank you to everyone for your contributions to the recent school evaluation survey. I will display the results of the student and parent evaluation on the community noticeboard.

We will be offering the community an opportunity to discuss the results further in the coming weeks as we start to commence planning for 2019.

Cyber Awareness Talk



This week we have a focus on Cyber Safety and ensuring children and parents are aware of how to stay safe online.

We are inviting all parents and children to come and listen to Senior Constable Rob Wylie – Police Youth Liaison Officer about this vitally important issue facing each of us on a daily basis.

The session will commence at 3.30 with light refreshments available as well as our Year 6 selling goodies from their fundraising store.

Subway Lunch Fundraiser



It is unfortunate that our canteen has been unable to secure a coordinator – but as many parents are working it has become a growing problem in many schools including ours.

Following a parent suggestion we have made enquiries into the Subway lunch order fundraising program.

As of this week we will be issuing all students with a subway lunch order form which needs to be completed and returned to the office no later than Wednesday. I will be phoning the orders through and they will be prepared for us fresh on Thursday.

For every lunch ordered – the school will receive \$1. This has the potential to earn our school some worthwhile funds so that we can continue to purchase Literacy and Numeracy resources.

Proposed Car park Construction

We have been advised that the proposed car park construction is due for commencement between late December and January.

The car park design has been sent to me for viewing and consideration. I have printed this off and it is displayed in the school office and the community noticeboard.

This is for consideration only and not for public consultation. I will keep you updated as things progress.



Grandparents Day 2018

Grandparents Day is being celebrated at Mount Kanway this coming Friday – October 26th. We would like to invite all our grandparents/grandcarers along to a celebration morning which will include games, sharing stories, interviewing grandparents, photo booths and a morning tea.

We would like to ask for the children to bring in a share plate for the morning tea. All goodies can be taken to the office on Friday morning upon arrival.



In line with our cyber safety program this week – we are also taking time to participate in Day for Daniel. All students are invited to wear red in support of the event and following Grandparent

Day celebrations – everyone will be joining the Daniel Morcombe foundation for a special broadcast promoting child safety awareness.

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 – mtkanway-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.

Maitland High School Year 7 2019



Please be advised of the following dates for Year 6 students transitioning to Maitland High School in 2019.

Information Evening: 31st October 6pm - 7.30pm

Transition Day: 4th December – all day (parent drop off and pick up required)

Wellbeing Day: 7th December (all Year 6 to attend irrespective of 2019 High School) all day, parent drop off and pick up required. Notes will come home soon with further information.

Evacuation and Lockdown Practice



As part of our school operations we are required to regular practice evacuation and lockdown procedures.

In the coming weeks we have scheduled both for practice and evaluation. Please do not be alarmed if your child comes home talking about evacuations etc.

Please follow up with your child their understanding of the drill and if you have any concerns come and see me.



We have been advised that the school is going to be audited on the 1st November.

In preparation for this Lyn and I will be out at training tomorrow 24/10 and the school office will be temporarily unavailable except for illness, accident or emergencies on 1/11/18. Apologies for any inconvenience.



It's that time of year when we start preparing for our newest students to come along and learn all about big school! Save the dates and times below!!

- Session 1: 8/11 9.30 – 11.30
- Session 2: 15/11 11.30 – 1.30
- Session 3: 22/11 1.30 – 3.20

During these sessions Year 5 will support our new students to familiarise themselves with all aspects of school life, whilst Year 2 students will spend some time visiting the Banksia's in preparation for Year 3.

Year 6 Fundraising

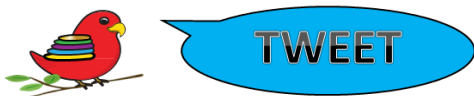
This term Year 6 will be operating a canteen shop to raise money for their end of year gift to our school.

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

Prices range from 50c to \$1.50.

Please support our year 6 in this fundraising venture.

TWEET AWARDS



Congratulations to Nicholas and Lillianah for achieving their 'Purple feather'.

Congratulations to Rayne for achieving her 'Gold feather' and TWEET Badge.

Well done!

P&C NEWS

Uniform News

We now have new hats in stock! They are dual sizing S/M (they are quite large). They come with logo embroidered on front already! Has a toggle on top of hat to tighten, soft microfiber fabric, lightweight, wide brim and excellent sun protection. The cost is \$15.00

If you would like a new hat or want to try one on I will be at school in the afternoons. There are still a few of the other hats in stock – small size only.

Also we have plenty of second hand items available for a gold coin donation.

Any outstanding uniform moneys owed, could you please finalise by the end of this term.

Banking details are:

BSB: 646-000

Acc number: 100024291

Leave a name – surname/uniforms

The new hats are modelled by Kaili and Milli.

Kristen Garth

Uniform Coordinator



Term 2 Events	Date	Details
Term 4 Events	Date	Details
First day Term 4	15.10.18	▪ All students and staff return to school
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.sunsmartrnsw.com.au

