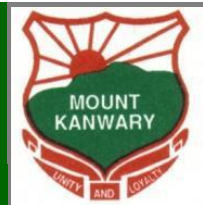


# MOUNT KANWARY PUBLIC SCHOOL



## Unity and Loyalty

753 Hinton Road, OSTERLEY NSW 2324

Ph: 4987 2596 Fax: 4987 3281

Term 2 Week 10

Email: [mtkanwary-p.school@det.nsw.edu.au](mailto:mtkanwary-p.school@det.nsw.edu.au)

Website: [www.mtkanwary-p.school.nsw.edu.au](http://www.mtkanwary-p.school.nsw.edu.au)

3 July 2018

## PRINCIPAL'S UPDATE

### Road Safety

A reminder to all parents and carers to please be mindful of the safety of all children and people when parking and leaving the front of the school. We are still awaiting signage from Port Stephens Council for the "kiss and drop" area that will be placed at the front of the school.

### NAIDOC Day

Our NAIDOC day is tomorrow and students will need to be at school by 9.10am as the bus will be leaving at 9.20am.

Students can dress in red, yellow and black for the day and must bring their hat, lunch (if they haven't ordered a lunch), recess and plenty of water.

Our school will be closed until students return at approx 2.30pm.

### PBL Reward Day

Our PBL Reward day is happening this Thursday 5 July.

Students will be having a 'movie and popcorn' afternoon.

Please return the PG permission note to allow your children to watch 'Peter Rabbit'.

### Photo Day

Our photo day is this Thursday 5 July and students are to wear their winter school uniform.

Photo envelopes are to be handed to the photographer on the day with correct money. Family envelopes are available from the school office.

### Pyjama Day

Our Pyjama day is this Friday 6 July. Students can come in their pyjamas and support our Year 6 fundraising with a gold coin donation.

Money raised will go towards the Year 6 gift at the end of the year.

### Intern Student Term 3

Georgia Brazier is an Intern Student from Newcastle University. She will be working with Mrs Davis on the Banksias Class for Term 3. She is visiting Mount Kanwary this Friday to meet the students and staff.

### Spelling Bee- Banksias

A note went home with information on the Spelling Bee for Term 3. Rounds will be held in class in Weeks 1 to 3 of next term.

### Term 3 Assembly dates:

- ✚ Friday 10 August 2018
- ✚ Friday 14 September

### Current Payments

Thank you for your prompt payment:

- ✚ Aussie Bush Camp – Years 3, 4 and 5
- ✚ Voluntary Contribution - \$47 per student
- ✚ **Oxford Maths text book- \$23 per student**  
**(students are currently using these texts could you please pay ASAP)**

Payments can be made either by cash/cheque at the office or online through the school website:

Have a wonderful week!

Katrina Cameron

Principal

## TWEET AWARDS



TWEET

Congratulations to Lillianah, Ezekiel and Nicholas for achieving their 'Blue feather'.

Well done!

**IMPORTANT DATES**

<b>Week 10</b>	
4 July	NAIDOC Day
4 July	Office unattended
5 July	School Photos
6 July	Last day of term
<b>Term 3</b>	
<b>Week 1</b>	
23 July	Staff Development Day
24 July	Students return

**P&C NEWS**

As we now come to the last week of term I would like to thank everyone for their assistance over the past 6 months. Many hands make light work but we can't sit back and relax, Cracker Night is less than two months away and I know the Cracker crew will be working hard for this event over the school holidays.

*Cracker Night*

Our next meeting is this Wednesday 4 July at 3.30pm in the school grounds.

The P&C will be selling Cracker Night raffle tickets at Raymond Terrace Marketplace (outside

Westpac Bank) on Saturday 18 August from 8am – 2pm and would appreciate anyone who is available to go on a roster for 1 – 2 hours.

This has in the past been very successful. If you can spare an hour or two please email your preferred times to [mountkpc@gmail.com](mailto:mountkpc@gmail.com) or contact/text Juliet Thomas on 0434648215. All help would be appreciated!

Reminder to submit your ideas/concerns regarding the carpark to the P&C so we can collate and forward through to the Department over the holidays.

I hope you all have an enjoyable holidays and see you next term.

Mark Tobin  
P&C President

For ease of payment our bank details are as follows:

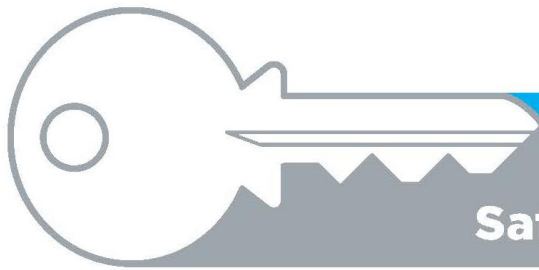
BSB 646-000

Acc Number 100024291

Acc name Mount Kanwary P&C Association.

Term 2 Events	Date	Details
NAIDOC day	04.07.18	<ul style="list-style-type: none"> <li>K-2 @ Morpeth PS</li> <li>3-4 @ Hinton PS</li> <li>5-6 @ Largs PS</li> <li>Transport by bus from MKPS 9:20-2:30pm (approx.)</li> </ul>
School Photo Day	05.07.18	<ul style="list-style-type: none"> <li>Student photos- winter school uniform</li> </ul>
Last Day- Term 2	06.07.18	<ul style="list-style-type: none"> <li>Last day of term for students and staff</li> </ul>
Term 3 Events	Date	Details
Staff Development Day	23.07.18	<ul style="list-style-type: none"> <li>Staff return to school</li> </ul>
Zone Athletics Carnival	03.08.18	<ul style="list-style-type: none"> <li>Details TBA</li> <li>Awaiting qualifying times from PSSA</li> </ul>
Maitland Learning Community Education Week Presentation Night	08.08.18	<ul style="list-style-type: none"> <li>Maitland High School 5:30-7:30pm <b>(TBC)</b></li> </ul>
Whole-school assembly	10.08.18	<ul style="list-style-type: none"> <li>3pm</li> <li>Library</li> </ul>
Meerkat Productions	09.08.18	<ul style="list-style-type: none"> <li>At Iona PS</li> <li>Details TBA</li> </ul>
Port Stephens Council Recycling session	14.08.18	<ul style="list-style-type: none"> <li>1:10-2:10pm @ Mount Kanwary PS</li> <li>No cost</li> </ul>
Book Week Open Day	23.08.18	<ul style="list-style-type: none"> <li>9-12pm</li> <li>Book Fair</li> <li>Open classrooms</li> </ul>
P&C Cracker Night	25.08.18	<ul style="list-style-type: none"> <li>P&amp;C major fundraiser</li> <li>Further details TBA</li> </ul>
Canberra Final Payment date	31.08.18	<ul style="list-style-type: none"> <li>All final payments due</li> </ul>
Whole-school assembly	14.09.18	<ul style="list-style-type: none"> <li>3pm</li> <li>Library</li> </ul>
Year 6 Canberra Camp	19.09.18-21.09.18	<ul style="list-style-type: none"> <li>Attending with Largs PS</li> </ul>

		<ul style="list-style-type: none"> <li>Final details TBA</li> </ul>
Colour-run	26.09.18	<ul style="list-style-type: none"> <li>P&amp;C fundraising event</li> <li>At Glen William PS</li> </ul>
Last Day Term 3	28.09.18	<ul style="list-style-type: none"> <li>Last day of term for students and staff</li> </ul>
Term 4 Events	Date	Details
First day Term 4	15.10.18	<ul style="list-style-type: none"> <li>All students and staff return to school</li> </ul>
Yrs3/4/5 Aussie Bush Camp	15.10.18-17.10.18	<ul style="list-style-type: none"> <li>Years 3-5</li> </ul>
Year 6 Transition to High School day	05.12.18	<ul style="list-style-type: none"> <li>Maitland High School 2019 Yr7 Orientation Day (TBC)</li> </ul>
Last Day Term 4- Students	19.12.18	<ul style="list-style-type: none"> <li>Last day of Term 4 for students</li> </ul>
Last Day Term 4- Staff	20.12.18	<ul style="list-style-type: none"> <li>Last day of Term 4 for staff</li> </ul>
School CLOSED	21.12.18	<ul style="list-style-type: none"> <li>No staff onsite</li> </ul>



NSW POLICE FORCE CRIME PREVENTION SERIES

## Safe people, Safe places

The safety and wellbeing of our children is paramount. As parents and carers we can't always be with our children to advise and protect them.

When out and about, children can be confronted with situations where good decision-making is vital. With this in mind, advising our children with appropriate responses to certain situations will help them avoid trouble and danger.

Here are some simple tips to give your children for when they are out and about.

### Protect your child walking home

- **ALWAYS** identify safe places on the way home from school.
- **DO NOT** stop and talk to people you don't know. Go straight home or to your intended destination.
- **ALWAYS** find a safe place if you feel frightened. These include schools, shops, churches or police/fire/ambulance stations and tell them that you are frightened.
- **NEVER** get into a car with someone you don't know.

### Protect your child on public transport

- **NEVER** travel in isolated areas. Find crowded carriages, guard's compartment (marked with a blue light) or at the front of the bus.
- **ALWAYS** try to travel in groups of friends if possible.

### Protect your child when in public spaces

- **ALWAYS** carry a contact number for your parents. (On a card attached to your clothing, written on your arms or in your phone).
- **DO NOT** walk away from family or friends without telling them where you are going, when you'll be back and who you are with.
- **ALWAYS** walk away from fights or arguments, unpleasant or aggressive behaviour and take your friends with you.
- **REMEMBER**, always tell your parents, carer or teacher if something has happened.

For more crime prevention information  
visit us on [www.police.nsw.gov.au](http://www.police.nsw.gov.au)

Protect your children



Justice



**Triple Zero (000)**  
For emergencies or life threatening situations.



**Police Assistance Line (131 444)**  
For non emergencies.



**Crime Stoppers (1800 333 000)**  
To provide crime information. It can be anonymous.



# 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.

**Cancer Council NSW** Nutrition Snippet

## The simplest way

to work out what 2 fruit & 5 veg looks like.

Eating **2 serves of fruit** and **5 serves of vegetables** every day will help keep you and your children healthy. But what does a serve look like?


A serve of fruit is **150 grams** or:

- 1 medium fruit (e.g. apple) or
- 2 small fruit (e.g. apricots) or
- 1 cup of chopped or canned fruit

A serve of veg is **75 grams** or:

- ½ cup of cooked veg or
- ½ medium potato or
- 1 cup of salad

So as an adult, eating just 2½ cups of cooked vegetables will give you your daily recommended intake. Try spreading it across different meals to make it easier to reach your daily target.



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

**Eat It To Beat It**

**Cancer Council NSW** Nutrition Snippet

## The simplest way

to get your kids loving Fruit & Veg.

Eating plenty of fruit and veg can help keep your children healthy, but sometimes it's hard to get them to eat enough. Children often copy their parents, so our first tip is to make sure you eat enough too!



Other tips are:

- **Put your kids in charge.** Let them choose and wash fruit and veg for their lunch box; if they're able to, let them peel, cut or grate it.
- **Keep it interesting.** Cut fruit and veg into a variety of small shapes so it's easier and fun to eat.
- **Make ready-to-eat snacks.** Keep cut fruit and veg in the fridge for the kids to grab and eat with hummus or yoghurt.

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

**Eat It To Beat It**

## Ingredients

1 thin 23cm pizza base (dinner plate size)  
 2 tbs salt-reduced tomato paste  
 1 cup (30g) baby spinach leaves  
 ½ large red onion, peeled, finely sliced and separated  
 100g cooked or BBQ chicken breast, thinly sliced  
 ½ small red capsicum, seeded and sliced into thin strips  
 6 large cherry tomatoes, halved  
 ½ cup grated reduced-fat mozzarella cheese  
 Basil leaves, to serve

## Method

Preheat oven to 220°C (200°C fan-forced). Spread tomato paste evenly over pizza base. Top with spinach leaves, sliced onion, chicken, capsicum strips and cherry tomatoes. Sprinkle with cheese and place on a baking tray, pizza stone or wire rack. Bake for 5 minutes until cheese is melted then cover with foil to prevent burning. Bake for a further 5 minutes until base is crisp. Sprinkle with roughly torn basil leaves on top to serve.

Hint: Use mini bases, pita or wholegrain English muffins for individual pizzas.

## Quick chicken pizza recipe

