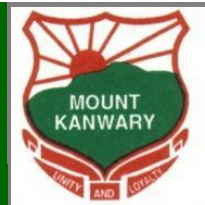


MOUNT KANWARY PUBLIC SCHOOL



Unity and Loyalty

753 Hinton Road, OSTERLEY NSW 2324

Ph: 4987 2596 Fax: 4987 3281

Term 3 Week 2

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

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

31 July 2018

PRINCIPAL'S UPDATE

Thank you to everyone I have had the opportunity to meet over the last week for the warm welcome, especially the children for making me feel very at ease in my new role.

I must say that I have been incredibly impressed by the polite, mature and thoughtful way in which the children communicate not only with me, but also the teachers and more importantly each other.

Thank you to those families who have returned enrolment forms for Kindergarten 2019. If you are yet to do so, please forward them as soon as possible. If you are aware of families in the area who are considering enrolling in 2019 - they can contact the office for further information and to have an enrolment pack sent out.

A huge congratulations to Rachel, David, Evan and the entire McDougall family on the safe (albeit somewhat early) arrival of little "Mini Evan"! We wish the family all the very best over the next few weeks and look forward to meeting the newest member of the Mt Kanwary P.S. family!

Over the last week I have been confirming details for the upcoming excursion to The Great Aussie Bush Camp. Staff are putting the final touches on the activities but we can give you a sneak peak at some of the possible activities your children will be participating in. Archery, Bushcraft, Canoeing, Giant Swing, High Ropes, Orienteering, Pioneering adventures, Teamwork challenge event and an evening trivia quiz are some of the exciting things the children can look forward to. Maybe they should offer a camp for us adults!

There is a parent meeting regarding the camp at Iona Public School at 4 p.m. on the 21st August. You will also see that a progressive payment booklet was sent home last Friday. The booklet is designed to assist families in making small regular

payments towards the total cost of the excursion. Payments can be made weekly, fortnightly or when necessary. Booklets and the money can be left with the school office and it will be receipted and returned. Alternatively, families can opt to use the online payment system. If you need further information please contact myself or the school office.

The very best of luck to our athletes attending the zone athletics carnival this coming Friday! Halle, Milli, Kaily, Charlie, Harrison and Toby will all represent Mt Kanwary in a range of events sporting the fabulous new P&C donated representative shirts.

Students attended the Education Week Choir rehearsal at Maitland High School on Tuesday 7/8/18, no longer need to be dropped at Iona Public School. Students will be collected by bus from Mt Kanwary PS at approx. 9.45a.m. Please ensure your child is here by 9.30a.m.

Mrs Cameron will be remaining on leave due to a work place injury and we look forward to her returning as soon as possible.

I have attached a few photos below of students enjoying their first week back at school.

Have a fabulous week everyone!

Michelle Crowfoot
Relieving Principal





Term 3 Assembly dates:

- ✚ Friday 10 August 2018
- ✚ Friday 14 September

Current Payments

Thank you for your prompt payment:

- ✚ Year 6 Canberra trip – payments to Largs PS
- ✚ 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:

TWEET AWARDS



TWEET

Congratulations to Kaylie for achieving her 'Blue feather'.

Congratulations to Vincent, Clancy, Caitlin and Oliver for achieving their 'Purple feather'.

Well done!

IMPORTANT DATES

Week 2	
3 rd August	Zone athletics
Week 3	EDUCATION WEEK
7 th August	Choir Rehearsal MHS
8 th August	MLC Education Week Presentation evening – choir performing
9 th August	Meerkat Productions – Iona PS
10 th August	Assembly 3p.m.

LIBRARY NEWS

Book Club order forms went home last week. Closing date for all orders is next Wednesday 8 August.

Orders can be placed online at www.scholastic.com.au/LOOP or at the school office.

Our Book Fair is happening on Thursday 23 August. Students will be able to browse the books and take home a wish list.

P&C NEWS

Welcome back everyone. As we move into the later half of the year we are only a few weeks away from our major fundraiser, the Cracker Night.

Cracker Night is 25 August from 3pm at 600 Seaham Road Nelsons Plains.

Online ticket sales are available at www.trybooking.com/WWOA.

With this fast approaching we still need 6 volunteers to help sell raffle tickets at Raymond Terrace the weekend prior to Cracker Night. Please contact Juliet if you can help out for a couple of hours.

Still chasing donations for the auctions.

Meeting Reminder

P&C meeting Wednesday 8 August in the school Library at 3.40pm

Thanks
Mark Tobin
P&C President

Term 2 Events	Date	Details
Maitland Learning Community Education Week Presentation Night	08.08.18	▪ Maitland High School 5:30-7:30pm (TBC)
Whole-school assembly	10.08.18	▪ 3pm ▪ Library
Meerkat Productions	09.08.18	▪ At Iona PS ▪ Details TBA
Port Stephens Council Recycling session	14.08.18	▪ 1:10-2:10pm @ Mount Kanwary PS ▪ No cost
Book Week Open Day	23.08.18	▪ 9-12pm ▪ Book Fair ▪ Open classrooms
P&C Cracker Night	25.08.18	▪ P&C major fundraiser ▪ Further details TBA
Canberra Final Payment date	31.08.18	▪ All final payments due
Whole-school assembly	14.09.18	▪ 3pm ▪ Library
Year 6 Canberra Camp	19.09.18-21.09.18	▪ Attending with Largs PS ▪ Final details TBA
Colour-run	26.09.18	▪ P&C fundraising event ▪ At Glen William PS
Last Day Term 3	28.09.18	▪ Last day of term for students and staff
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
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

Seaham & District Cricket Club - registrations now open

Register online now for the 2018/19 season at www.playcricket.com.au. Please register before 19/8/2018.

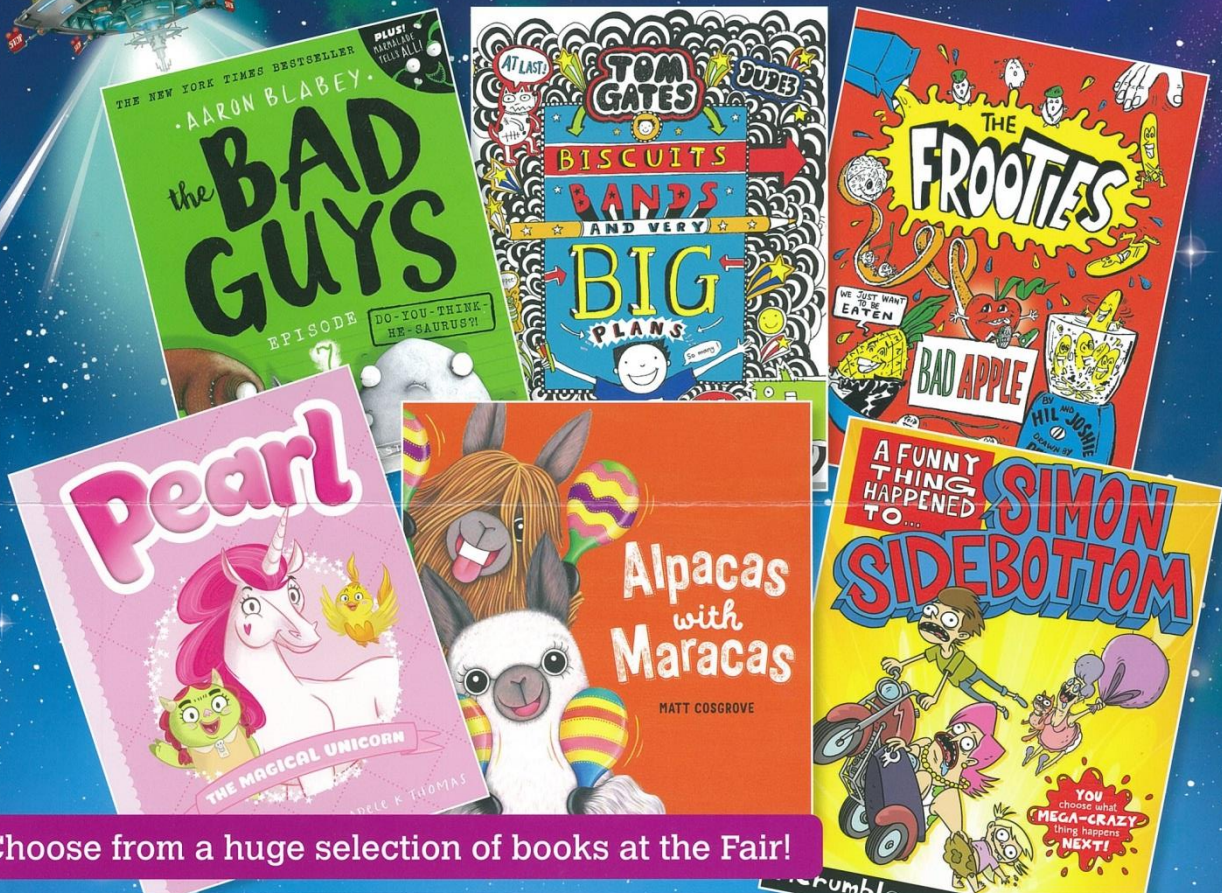
Junior Cricket in the Maitland District for ages 7 to 16. Cost: \$50 registration only or \$110 including registration and discounted full season match fees. Use your Active Kids Voucher. All new players receive a club shirt thanks to our sponsors.

Enquiries: Melanie Meredith on 0412 120 410 or melanie@mcclaw.com.

SCHOLASTIC  Book Fairs

You're invited to our Scholastic BOOK FAIR!

Reading Is Out of This World!



Date **23 AUGUST** Time **9am- 12 noon**
Place **SCHOOL LIBRARY**

**TO THE
BOOK FAIR
AND BEYOND!**



Every purchase earns books and learning resources for our school!

 SCHOLASTIC

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 add Spring produce to your menu.

Adding seasonal produce to your weekly menu not only tastes better, but buying fruit and veg in season can be up to 35% cheaper than other times of year.


Here are four easy ways to add more Spring veggies and fruit to your day:

- **Add some legumes** – add chickpeas to your salad, stir kidney beans through your bolognese sauce, add canned lentils to your sausage roll mix.
- **Put veggie sticks in every lunch box** – carrots are super cheap in Spring, cut them into sticks and pack them with a small container of hummus.
- **Roast veggies and use in sandwiches** – roasted pumpkin and zucchini are delicious on wholegrain bread.
- **Make fruit salad cups** – cut up some strawberry, apple and rockmelon and put in a cup for a sweet, tasty treat.



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



 Nutrition Snippet

The simplest way


...to make cauliflower & spinach dahl.

Ingredients

1 tbsp olive oil	½ tsp paprika
1 tbsp mustard seeds	4 ½ cups vegetable stock
1 red onion, diced	1 cup dried red lentils
3 cloves garlic, minced	1 can chickpeas, drained & rinsed
1 tbsp fresh ginger, grated	2 cups cauliflower florets
1 tbsp curry powder	2 cups baby spinach
1 tsp turmeric	¼ cup fresh coriander
½ tsp ground coriander	Naan bread or steamed rice

Method

Heat a large saucepan over a medium heat and add the olive oil. When hot, add the mustard seeds and cook for one minute. Add the onion, garlic, ginger and sauté for 5 minutes. Add the curry powder, turmeric, ground coriander and paprika and sauté for a further minute.



Add the stock, lentils and chickpeas and stir to combine. Bring to a simmer and then cover and reduce heat to medium low. Cook for 20 minutes and then fold through the cauliflower. Cover again and cook for another 8 minutes. Add the spinach and fold through. Top with fresh coriander and serve with Naan bread or steamed rice.

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



Good for Kids good for life

KEEPING ACTIVE IN WINTER

Indoor activities don't have to be boring! Although it's getting cold outside there are still plenty of ways to get the heart rate up this winter!

Here are some ideas that involve indoor active fun:

- Free indoor play grounds in shopping centres
- A visit to the science museum (often free entry)
- YMCA kids programs
- Gymnastics
- Indoor Trampolining
- Bowling
- Ice Skating
- Indoor skate parks, sports and swim centres



Why not look into what is available in your local area today and ask if they do discount deals for seasonal entry?

  PHONE 4924 6499

Drought

The farmer's sheep are dying. The farmers are running out of food for the animals. The grass is dying, the farmers are scared. Trucks have food and water. People are sending food for farmers so the animals can eat. The drought has been going for years now. One day the clouds will come. Then the grass will grow again. The farmers will be happy again.

By Jacob

