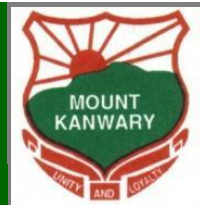


MOUNT KANWARY PUBLIC SCHOOL



Unity and Loyalty

753 Hinton Road, OSTERLEY NSW 2324

Ph: 4987 2596 Fax: 4987 3281

Term 3 Week 4

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

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

14 August 2018

PRINCIPAL'S UPDATE

As Relieving Principal, I had the honour of presenting the 2018 Education Week awards on Mrs Cameron's behalf last week.

The award ceremony boasted some of the amazing talent in our Public School Education system. An inspiring speech by Mark Cridland – Principal of Hinton Public School, reminded everyone of the vast challenges that lie ahead in a fast changing world and that more than ever we need to ensure that our children are well prepared.

That being said, the students of Mount Kanwary Public School have such a vast array of opportunities helping them to develop the skills, knowledge and attitude to tackle those challenges. Exemplary programs such as L3 (Language, Learning and Literacy), TEN (Targeting Early Numeracy), Google Classrooms, STEM (Science, Technology, Engineering, Mathematics) and PBL (Positive Behaviour for Learning) are supporting students to continue to achieve great results both within the school and across the region.

Our Education Week award winners, Abigail, Vincent, Rayne and Kaily, symbolise what is great about small schools and in particular Mount Kanwary Public School.

In addition to the student award winners above, Mrs Nola Adams received a community recognition award. Nola has had an amazing 48 year association with Mount Kanwary and is a well-deserved recipient.

Students spent a fabulous day at Iona Public School during the week. They engaged in a series of workshops and activities followed by a performance of the book – 'BOY'. Thank you to the staff of Iona PS for your organisation and invitation and to the MTKPS parents for your assistance with transportation.

This week students have commenced cricket during sport time. Cricket will run for the next 3 weeks.

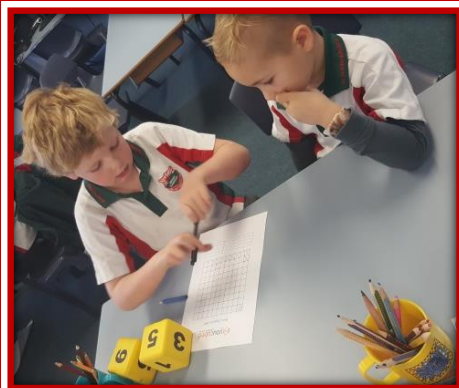
Port Stephens Council will be visiting students this week to discuss the importance of recycling. We have a number of recycling programs in place already, but we are always on the lookout for more ways in which to reduce, recycle, reuse or upcycle. One way in which you can support this is to purchase a canteen order bag. If you don't already have one and would like to order a bag, please see the office.

I've included some photos below of students working hard in L3 and TEN.

Have a lovely week everyone!

Michelle Crowfoot
Relieving Principal





Term 3 Assembly dates:

🚩 Friday 14 September

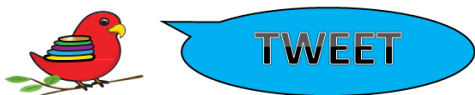
Current Payments

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



Congratulations to Abigail, Kaily, Dylan, Brodie and Kaylie for achieving their 'Purple feather'.

Congratulations to Rayne and Jacob for achieving their 'Green feather'.

Well done!

IMPORTANT DATES

| | |
|---------------|---|
| Week 4 | |
| 14 August | Recycling Visit - postponed |
| 15 August | P&C meeting at 3.30pm |
| Week 5 | |
| 21 August | Aussie Bush Camp parent meeting at Iona PS – 4pm |
| 23 August | Book Week Open Day and BBQ |
| 25 August | P&C Cracker Night |

LIBRARY NEWS

Our Book Fair is happening on Thursday 23 August. Come along and have a look and purchase some books for Christmas.

P&C NEWS

Cracker night is just around the corner now. I can smell the gun powder in those crackers. There will be a roster coming out later in the week for helpers to assist on the night. It would be good if each family could spare 1 to 2 hours on the night to assist.

Look for the roster coming home later this week and any concerns with what you have been allocated please let me know.

On the Friday and Sunday if anyone is available to assist with moving equipment for the cracker night please let me know. We have several trailers that will require towing.


Online ticket sales have been steady. If you or your family and friends are coming along I encourage everyone to purchase their tickets online. This gives us a better indication of the numbers and speeds up your entry on the night.

We will be selling raffle tickets this Saturday at Raymond Terrace Marketplace near the Westpac Bank so if anyone can spare some time to assist in selling tickets please let me know.


The P&C meeting is this Wednesday at 3.30pm in the school library. If you have anything you would like to raise please get in contact with myself so it can be added to the agenda for the meeting.

Thanks
Mark Tobin
P&C President

| Term 2 Events | Date | Details |
|---|-------------------|--|
| Port Stephens Council Recycling session | 14.08.18 | <ul style="list-style-type: none"> 1:10-2:10pm @ Mount Kanwary PS No cost Postponed – will be rescheduled |
| Book Week Open Day | 23.08.18 | <ul style="list-style-type: none"> 9-12pm Book Fair Open classrooms |
| P&C Cracker Night | 25.08.18 | <ul style="list-style-type: none"> P&C major fundraiser Further details TBA |
| Canberra Final Payment date | 31.08.18 | <ul style="list-style-type: none"> All final payments due |
| Whole-school assembly | 14.09.18 | <ul style="list-style-type: none"> 3pm Library |
| Year 6 Canberra Camp | 19.09.18-21.09.18 | <ul style="list-style-type: none"> Attending with Largs PS Final details TBA |
| Colour-run | 26.09.18 | <ul style="list-style-type: none"> P&C fundraising event At Glen William PS |
| Last Day Term 3 | 28.09.18 | <ul style="list-style-type: none"> Last day of term for students and staff |
| Term 4 Events | Date | Details |
| First day Term 4 | 15.10.18 | <ul style="list-style-type: none"> All students and staff return to school |
| Yrs3/4/5 Aussie Bush Camp | 15.10.18-17.10.18 | <ul style="list-style-type: none"> Years 3-5 |
| Year 6 Transition to High School day | 05.12.18 | <ul style="list-style-type: none"> Maitland High School 2019 Yr7 Orientation Day (TBC) |
| Last Day Term 4- Students | 19.12.18 | <ul style="list-style-type: none"> Last day of Term 4 for students |
| Last Day Term 4- Staff | 20.12.18 | <ul style="list-style-type: none"> Last day of Term 4 for staff |
| School CLOSED | 21.12.18 | <ul style="list-style-type: none"> No staff onsite |

SCHOLASTIC  Book Fairs

You're invited to our Scholastic
BOOK FAIR!
Reading Is Out of This World!




Choose from a huge selection of books at the Fair!

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!




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.


SunSmart Snippet


The simplest way

...to be a good role model!

Did you know?
Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

How you can be a role model:


- **Slip** on clothing which covers as much skin as possible.
- **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
- **Slap** on a broad brimmed, legionnaires or bucket hat.
- **Slide** on some wrap-around sunglasses.
- **Seek** shade when outdoors.




Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

Set a positive example and your kids will follow your lead!

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





Nutrition Snippet

The simplest way

...to make rainbow and chickpea salad.

Ingredients

- 4 tbsp of reduced-fat Greek yoghurt
- 1 tbsp honey
- 1 tbsp lemon juice
- ¼ tsp ground cumin
- Freshly cracked pepper to taste
- 1 400g can chickpeas, drained & rinsed
- 1 large beetroot, peeled & grated
- 2 large carrots, peeled & grated
- ½ small green or red cabbage, finely sliced
- 1 bunch kale washed, stem removed & leaves torn




Method
In a small bowl whisk yoghurt, honey, lemon juice, cumin and a pinch of salt. Add pepper to taste.
In a large salad bowl toss all the chickpeas and vegetables together. Drizzle with the yoghurt dressing.

Tip: This is the perfect accompaniment to a grilled lamb or chicken kebab marinated with lemon and garlic. Try wrapping everything in a wrap with a little hummus and crumbled feta.

Visit healthylunchbox.com.au for recipes & information you can trust.

www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Good for Kids good for life

SANDWICH ALTERNATIVES IN THE LUNCHBOX

Sandwiches are a great addition to an everyday lunchbox but if you feel like branching out here are some other great ideas:

- Vegetable fried rice,
- Pasta salad,
- Zucchini slice,
- Savoury muffins packed with vegetables,
- Chicken and vegetable rice paper rolls,
- Vegetable sushi rolls.

For more great ideas visit the Cancer Council's Healthy Lunch Box website: <https://healthylunchbox.com.au/>




 PHONE 4924 6499