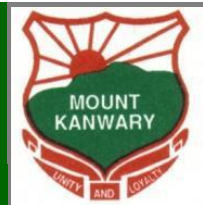


MOUNT KANWARY PUBLIC SCHOOL



Unity and Loyalty

753 Hinton Road, OSTERLEY NSW 2324

Ph: 4987 2596 Fax: 4987 3281

Term 3 Week 7

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

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

4 September 2018

PRINCIPAL'S UPDATE

Regional Athletics Carnival

On Friday 31 August Harrison, Milli, Charlie and Toby went to regional for relay. Harry gave us a great start and next was marvellous Milli. Our third runner was Charlie who overtook some of the opposition and then Toby anchored us home. We placed 3rd against the big schools. We ran a blistering 1:03.93 around a track that was 400m long and we made it to STATE!! The state athletics championships are held at Sydney Olympic Park. We hope we do well. GO MOUNT KANWARY!! Watch this space....

By Harry, Milli, Charlie and Toby

Spelling Bee Update

Congratulations to Ben and Nick for competing in the Regional Spelling Bee today at Tenambit Public School.

Kaily and Haylee are currently competing as we go to press.

Well done on representing Mt Kanwary Public School with pride.

Mrs Davis

Public Speaking

Keep practicing your speeches ready to present in class next Monday and Tuesday.

Term 3 Assembly dates:

✚ 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:

TWEET AWARDS



TWEET

Congratulations to Alice and Ben for achieving their 'Purple feather'.

Congratulations to Caitlin for achieving her 'Green feather'.

Well done!

IMPORTANT DATES

Week 7	
4 September	Regional Spelling Bee
	Parent Info for Canberra – Largs PS at 5.30pm
Week 8	
13 September	Public Speaking Stage finals
14 September	School Assembly



Term 2 Events	Date	Details
Stage Public Speaking Finals	13.09.18	▪
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
Small Schools Public Speaking Finals	26.09.18	▪ At Millers Forest Public School
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

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 download our free resources.

We have a bunch of great resources on our website for you to print out – free – to help make your whole family healthier.

- Reward your kids using our **My Fruit and Vegetable Chart**.
- Plan ahead, save time and money with your **Family Menu Planner**.
- Make packing lunches easier with our **Healthy Lunch Box Planner**.
- Learn how to manage fussy eaters with our **Strategies for Fussy Eaters Guide**.
- Get new ideas for healthy snacks with our **Fruit and Vegetables Snacks Guide**.
- Find out when to buy your fruit and vegies in our **Seasonality Guide**.



Visit <https://tinyurl.com/yyp5a89a> to download.

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




Nutrition Snippet

The simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.




In our free 60-minute sessions, you will learn:

- How to save money at the shops.
- How much is a 'serve' of fruit and veg and how many serves do we need?
- Strategies to manage fussy eaters.
- How to save time with easy, family-friendly recipe ideas.
- How to improve the long-term health of your family... and much, much more!


Register at eatittobeatit.com.au – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

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





MAITLAND TENNIS CENTRE



OCTOBER 2018

SCHOOL HOLIDAY TENNIS CLINIC

Great outdoor fitness for all ages...Have fun and make new friends

Learn and improve on your tennis skills

Receive free racquet when you join Maitland Tennis Centre

Where: Maitland Tennis Centre, Cnr Page & Lawes St, East Maitland

When: 8th, 9th, 10th, 11th OCTOBER (Mon, Tues, Wed, Thurs) Week 2

Time: 9.00am to 10.30am per day

Price: \$80.00 for 4 days per child (Family Discounts Available)

Age: 4 years to 16 years Beginner to intermediate



BOOK NOW: PH 0431188367 or 0412210700

Email: info@maitlandtenniscentre.com.au

Available all year round

All levels Jnr, Adult, Group coaching and private lessons.

Jnr comps, Men's and Ladies social comps.



PATERSON VALLEY COLOUR RUN

Sunday 4th November 2018

11.00am

Total College

Register before 4th October to receive your

FREE Goodies Bag

(T-Shirts, medals, colour socks & more)

patersonvalleycolourrun.com

All money raised goes to Paterson Valley Community Pre-School

A Not-for Profit Community Pre-School