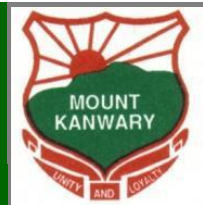


MOUNT KANWARY PUBLIC SCHOOL



Unity and Loyalty

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Term 1 Week 4

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22 February 2019

Principal's Message



Happy Friday everyone!

We have had a busy week this week with students once again representing our school at Zone level. Caitlin and Lachlan were challenged by a long, hot day but never the less gave their event 100% effort. Despite not achieving a place ranking they did achieve our admiration for giving their absolute best effort. Well done Caitlin and Lachlan.

Friday 15th February was a big day with our first assembly for 2019, the first assembly for our Kindergarten students and the first time leading the assembly for Caitlin and Charlie. Caitlin and Charlie carried out their official duties with maturity and dedication to their responsibility.

Friday also saw the launch of the Children's University Program. Parents and children alike were very excited by the program opportunities and we were grateful to Ava Chadwick from Newcastle University for coming along to talk with us about this initiative. The P&C have generously paid for every student in the school to participate!! If you are yet to return your forms or require a new one please see Mrs. Jones in the office.

To finish off our Friday we enjoyed talking and meeting our new families and catching up with our continuing families at the Meet'n'Greet afternoon. Thank you to Scott Leayr (Imijon's Grandfather) for cooking the barbecue and to all of our families for your attendance. The biggest

hit of the afternoon (aside from the sausage sangers!) was most definitely the Bricks4Kids display. We hope to bring you more information shortly about how this program is going to look in our school.

Newcastle Show Excursion

We have generously been donated tickets for our students to attend the Newcastle on Friday 1st March, 2019.

Students will depart school at approximately 9.30am for a 10.15 am arrival. This will be followed by fruit break before we embark on a tour of the many wonderful exhibits available.

Students will be required to gather information as they move around the exhibits which will be used back at school over the next few weeks as part of the Science Unit *Living Things*.

Students will be able to purchase a show bag – **if they wish**- prior to catching the bus back to school. We have asked that if your child intends on buying a showbag that they limit the amount to \$20. This money is to be placed in a sealed envelope with your child's name clearly written on the front and handed to Mrs Crowfoot or Mrs Davis Friday morning.

As there are no facilities available for us to store schoolbags – we suggest children bring their lunch in a disposable or reusable small bag with their name clearly marked. This will make travelling around the show much easier.

Children are asked to wear full school sport uniform as well as their school hat. A good application of sunscreen beforehand is advised.

PLEASE NOTE:

- **Children will not be permitted to go on any rides**
- If you intend to collect your child from the showground at the end of the excursion you are asked to notify the school office prior to the excursion so that we can arrange a collection point and time with you.
- Children will not be allowed to remain in the Newcastle Show area after 2pm. If you

want to continue on with enjoying the show with your child you must re-enter as a full paying customer. And this can only be done after 2pm.

The bus has an anticipated return time of 3pm to the school. Please ensure you have returned your permission slip and \$10 bus fee by Wednesday 27 Feb.

Please be aware that this is a whole school excursion with all staff in attendance. No teachers will be onsite at school to supervise children not attending.

Thanks for Assisting Us:

Mount Kanwarly PS is a small school with dedicated staff and parents/carers, supporting student wellbeing and education. Positive and supportive relationships within the school community assist our students to develop into responsible and successful citizens. Parents/Carers may from time to time wish to discuss concerns, when doing so please follow these steps:

1. Arrange a time, by contacting the school office, to speak to the classroom teacher about the matter (teachers are unavailable during teaching time)
2. Let the office/teacher know what you consider to be the issue
3. Allow the teacher the time to investigate the issue and communicate the outcome to parents/carers
4. If the concern is not addressed to your satisfaction arrange a time to speak with the Principal by making an appointment at the Office in person or by phoning 4987 2596.

At Mount Kanwarly Public School we are committed to every child being known, valued and cared for.

Year 6 Leaders Report

The Newcastle Show is coming on Friday 1st March. You can bring \$20 to buy a show bag with lots of good stuff like chocolate and toys.

Don't forget to bring your money for the Super Six Store. We have restocked on Super Doopers.

We are planning a Donut day for a fundraiser in Week 8. We are also planning an Easter Egg hunt in April.

There will be many more fundraisers planned throughout the year.

Caitlin and Charlie

Sport Report

This week the sport report is all about events coming up and events this week.

On Tuesday Caitlin and Lachlan represented our school once again in Zone Swimming. Unfortunately they didn't make it further but they still did their best.

Upcoming:

This term is a busy term in sport. Stay tuned for more details about:

School Cross Country

Zone Cross Country

Small Schools Athletics Carnival

Charlie is trialling for Zone Rugby League on the same day as the Newcastle Show.

That's it for the sport report this week! Stay tuned for the next one!

Ryan and Sam

Look What's Coming!



Stay tuned for more information

Balancing Online Time

Playing online games can be fun but we need to make sure that the online world does not take over our children's lives.

With more and more mobile devices on the market it is easy and tempting to stay connected 24 hours a day, seven days a week, but it is also very important to know how and when to disconnect.

How much is too much?

This is a good question and varies from person to person with different impacts. It's important to be aware of how your child's time online may be affecting friendships, family and schoolwork, especially if it's keeping your child up at night. If any of these areas of your child's life are becoming problematic then it is

likely that they need to cut back in the amount of time they spend online.

Why is it a problem?

Spending excessive amounts of time online can have significant impacts on health, family and social life and on academic performance at school.

How do I know if I have a problem?

The following indicators may be signs that your child is spending too much time on the internet:

- ongoing headaches, eye strain and sleep disturbance
- online activities interfering with health and wellbeing, schoolwork and relationships
- constantly talking about particular online programs, such as a gaming site
- withdrawal from 'real world' friends and activities
- attributing more importance to online activities and contacts than anything else
- decline in academic performance at school.

Community News

I have received confirmation this week of the acceptance by Opal Specialist Aged care in Raymond Terrace of their wish to join with us in establishing the Mount Kanwary PS Grandfriends Program.

This is a wonderful opportunity for the children to develop meaningful relationships with our treasured senior citizens. I am told the residents are incredibly excited by the venture.

The program will entail the children visiting the home approximately 4 times during 2019 to perform for the residents as well as spending time chatting with the residents.

The students will this week put together a profile page of themselves to send to the nursing home where they will be matched with a suitable resident.

The children will then be able to write to their penpal grandfriend throughout the year.

Please be assured that all policies and procedures around working with children will be adhered to by both the school and the nursing home.

Mount Kanwary Public School is proudly associated with the following organisations:



The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.

A one-stop-shop for everything you need to know about packing a lunch box, Cancer Council's [website](http://healthy lunchbox.com.au) is now even easier to use and share with friends and family.

- **Search** – you can now search for recipes by name or ingredients and quickly find the information and tips you are looking for.
- **Print recipes** – it's now easier to print recipes for safe keeping.
- **Share recipes** – on Facebook, Twitter and Pinterest.
- **Videos** – some recipes now feature short videos showing the simple steps to making the meal.
- **Lunch Box Builder** – plan a healthy lunch box with your kids using the new builder items.
- **New Content** – check out our new recipes, sandwich filling ideas and packed healthy lunch box examples.

healthy lunchbox.com.au

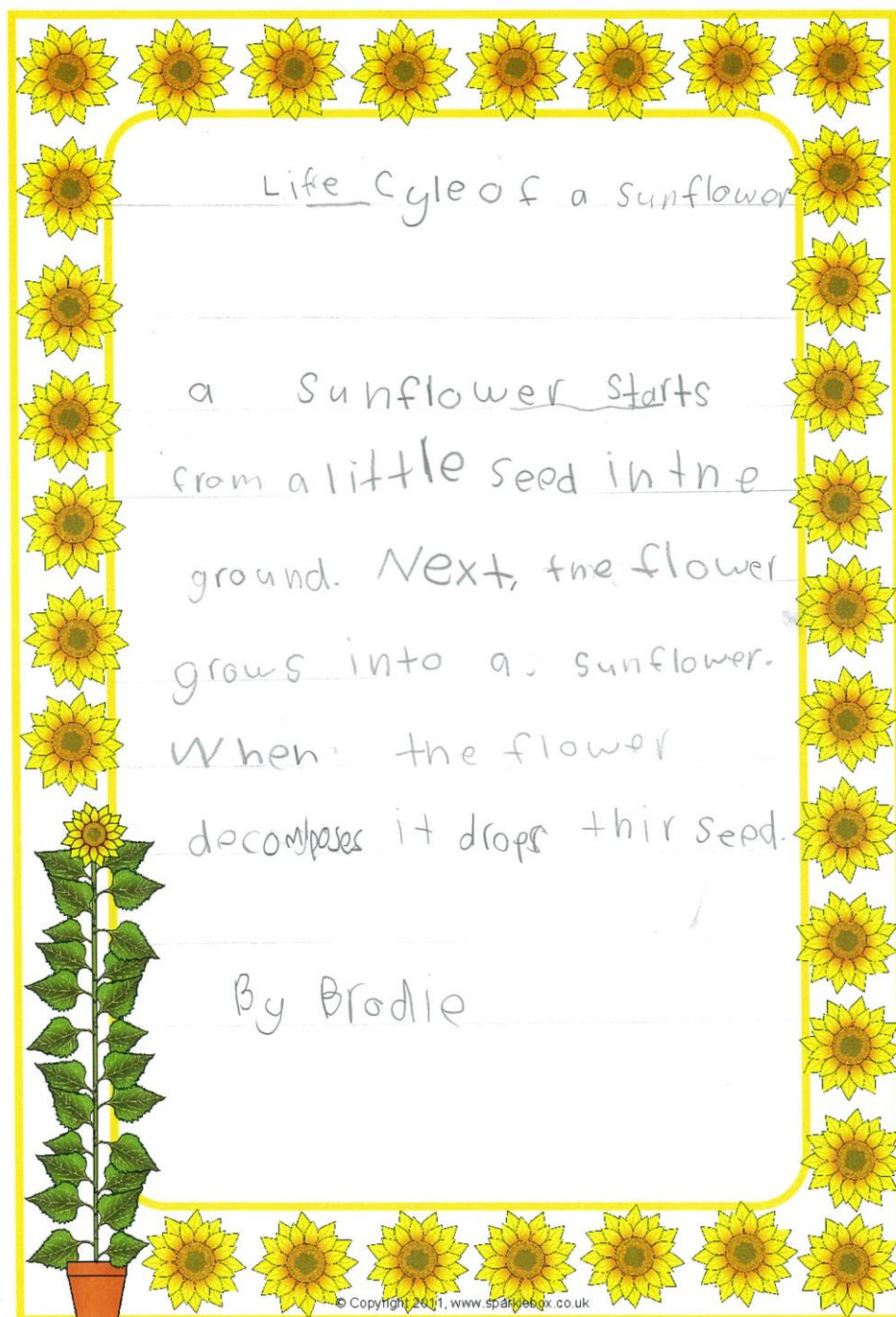
Cut me out and pop me in your wallet or on the fridge



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Wonderful Wattles Work



Life cycle of a sunflower. A

A sunflower starts
from a little seed.

Next the little seed
starts to grow.

It is called germinating,
now it is starting
to sprout.

It is called a seedling.

Now it is starting to
flower.

It is called growing.

Now it has fully grown.

It is called flowering.

Now unfortunately it
dies. It is called decomposing.

Photo courtesy of 'Kuniaki GARASHI' (Flickr.com), under
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