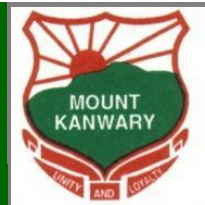


# MOUNT KANWARY PUBLIC SCHOOL



Unity and Loyalty

753 Hinton Road, OSTERLEY NSW 2324

Ph: 4987 2596 Fax: 4987 3281

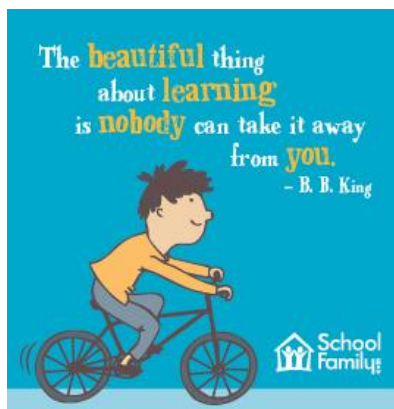
Term 4 Week 3

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)

30 October 2018

## PRINCIPAL'S UPDATE



Welcome to Week 3.... It is just flying by and the silly season will be upon us before we know it.

Many of you would not be aware that in my very limited spare time when I am not playing mum, wife and grandmother, I like to support a number of various charities.

At this time of year I start to work with various organisations to collect donations for both Xmas food appeals and also Xmas toy appeals.

I would like to invite the Mount Kanwary Community to consider donating nonperishable food items or a new toy that can be passed on to those families who are battling – especially our drought affected families.

Donations can be left at the front office – Thank you in advance.

Our State Relay Team has been busy practicing and refining their skills in preparation for this week's State championship. A huge thanks to Andrew Laverick for his coaching support and we wish Toby, Milli, Harry and Charlie every success on the day. Regardless of the day's outcomes you are all winners in our eyes!

A reminder that due to swimming our assembly will be held on Thursday this week at 3p.m. in the

Undercover area ( the Library and Office area will be out of action)

## School Evaluation Survey

Last week I mentioned that we would be hosting a community meeting to share the results of the recent Student and Parent School Evaluation Survey.

I would like to invite everyone to join myself, John Millburn - Director Educational Leadership and the staff to participate in an open forum discussing the survey findings.

The session will be held on Thursday 8<sup>th</sup> November in the Wattles commencing at 3.30 p.m. A sausage sizzle will follow and snacks will be available to purchase from the ' Super Six Store'.

## Cyber Awareness Talk



Thank you to those families who attended the Cyber awareness session with Senior Constable Rob Wylie. We were able to discuss a number of issues and as a result I will be sharing information on a weekly basis around cyber awareness, safety and media usage.

This week's topic is to do with screen names and passwords and some good rules for their use. Make sure kids come up with strong passwords and know never to share them. If kids need to write down passwords to remember them, consider writing down password hints, and store any written-down passwords or hints in a super

secret place away from the computer. Consider using a password manager such as *LastPass*, which keeps all your passwords in one place.

### Password tips to share with kids:

- Make passwords eight or more characters long (longer passwords are harder to crack than shorter ones).
- Try not to use dictionary words as your passwords (nonsense words are better).
- Include letters, numbers, and symbols (these make it harder to guess passwords).
- Change your password at least every six months (this way, even if someone does guess a password, he or she won't be able to get into your account for long).
- Don't use your nickname, phone number, or address as your password.
- Give your password to your parent or guardian (they will help you remember it if you forget it).
- Sharing your password with your friends is not a good idea (even if you trust them, they might unintentionally do something that puts you or your information at risk).
- Create a password that's unique but memorable.

### Screen name tips to share with kids:

- Avoid using your real name.
- Skip personal details (no ages, addresses, or jersey numbers, for example).
- Consider a screen name's effect on others (make sure it's readable and inoffensive).
- Keep it clean (avoid bad words or anything sexy, which can attract the wrong kind of attention).

### Office of the Children's eSafety Commissioner

### *Is there an age limit for kids on social media?*

Most social media services and apps require users to be 13 years old to join.

Why 13? This is usually to comply with the Children's Online Privacy Protection Act of 1998 (COPPA)—a US law preventing the collection and storage of personal information from a child under 13.

What about APPS? App stores set their own age ratings based on the app's content.

**See the attached Table age guide for further information**

\*Age guide based on published Terms of Use and app store ratings as at April 2016.esafety.gov.au/iparent

Social Media	Terms of Use – Minimum Age Requirements	App Store Rating	Google Play Rating
ASK.fm	13+	12+	12+
Club Penguin	All ages (directed at 6 – 14 year olds)	4+	G - General
EA (Electronic Arts)	18+ (with parental permission up to 17 yrs)	n/a	G - general
Facebook	13+	4+	12+
Facebook Messenger	13+	4+	3+
Flickr	13+	12+	12+
Foursquare	13+	4+	12+
Google+	13+	17+	12+
Instagram	13+	12+	12+
Keek	13+ (with parental permission up to 17 yrs)	12+	12+
Kik	13+ (with parental permission up to 17 yrs)	12+	12+
Linkedin	14+	4+	3+
Minecraft	All ages (parental permission required to create a mojang account if user is under 13 yrs)	n/a	M – Mature (Pocket Edition)
Moshi Monsters	All ages (Directed at 6 – 12 year olds. If user is under 13, parent's email is required)	4+	G - General
Pinterest	13+	12+	12+
Skype	18+ (With parental permission up to 17 yrs)	4+	3+
Snapchat	13+	12+	12+
SpotaFriend	13-19 yrs only	17+	16+
Steam	13+	17+	12+
Tinder	18+ (Facebook	17+	18+

	account required to register)		
Tumblr	13+	17+	12+
Twitter	13+	4+	12+
Vimeo	13+ (With parental permission up to 17 yrs)	17+	12+
Vine	13+	17+	12+
WhatsApp	16+	4+	3+
Yellow	13+ (With parental permission up to 17 yrs)	12+	12+
YouTube	13+	17+	12+

### Subway Lunch Fundraiser



Don't forget your subway lunch order form needs to be completed and returned to the office no later than Wednesday. I will be phoning the orders through and they will be prepared for us fresh on Thursday.

For every lunch ordered – the school will receive \$1. This has the potential to earn our school some worthwhile funds so that we can continue to purchase Literacy and Numeracy resources.



### Grandparents Day 2018

Grandparents Day saw quite a few Grandparents and proxy Grandparents coming along and enjoying a lovely morning of entertainment, games, interviews and quality time to celebrate the amazing contributions and richness grandparents bring to our lives.

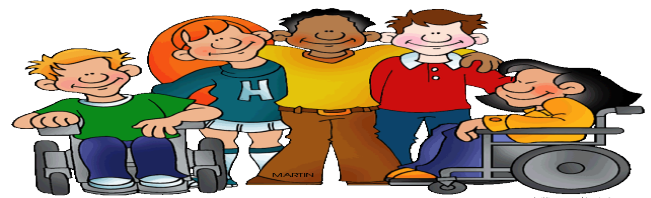
At Mount Kanway we value the role of grandparents and grandcarers and welcome their involvement and support of our students and the school community. On behalf of the students, teachers and myself, we would like to say – **THANK YOU!**



### URGENT! We Need Your Pictures!

Year 6 parents I urgently need a picture of your child from either preschool or Kindergarten. You can scan and email or simply drop a picture in and I will scan and return – Thankyou

### Maitland High School Year 7 2019



Please be advised of the following dates for Year 6 students transitioning to Maitland High School in 2019.

**Information Evening:** 31<sup>st</sup> October 6pm - 7.30pm

**Transition Day:** 4<sup>th</sup> December – all day (parent drop off and pick up required)



**Wellbeing Day:** 7<sup>th</sup> December (all Year 6 to attend irrespective of 2019 High School) all day, parent drop off and pick up required. Notes will come home soon with further information.



Our Super Six Year 6 have been getting thoroughly engaged in their shop venture. The students are developing a true sense of how business operates and how, as a team, we need to work together and share the load.

We have been delving into profit and loss, income and expenditure, basic accounting, online shopping and value for money.

The students have devised a system where they spend a small amount of money on a new shop item, gauge its popularity and then review the products long term viability towards contributing to an overall profit.

The store now boasts a

### P&C NEWS

Reminder the p&c meeting is tomorrow Wednesday 31st October 3:30pm in the school library, this will be our last actual p&c meeting for the year, how the time has flown. With the warmer weather don't forget the slip slop slap message, school hats are available for purchase as well as school uniforms for next year. Hope to see you all at the meeting.

Thanks  
Mark Tobin

### More Grandparent Day Pics



### Perpetual Trophies

**Please return me  
in time for me to  
go to my new  
home!**



Term 4 Events	Date	Details
Swim School – all students	18.10.18	<ul style="list-style-type: none"> <li>Leisure centre – Raymond Terrace – till end of term</li> </ul>
P & C Meeting	31.10.18	<ul style="list-style-type: none"> <li>3.30 p.m. Library</li> </ul>
Year 7 2019 Information Evening	31.10.18	<ul style="list-style-type: none"> <li>Maitland High School 6.00 – 7.30</li> </ul>
State Relay	1.11.18	<ul style="list-style-type: none"> <li>Relay team competing at State</li> </ul>
Kindergarten /Yr 2 Orientation And Transition	8.11.18	<ul style="list-style-type: none"> <li>Session 1 9.30a.m. – 11.30 a.m.</li> </ul>
Remembrance Day Service	9.11.18	<ul style="list-style-type: none"> <li>10.30 a.m Undercover Area</li> </ul>
School Disco	22.11.18	<ul style="list-style-type: none"> <li>School disco - P&amp;C event</li> </ul>
Student Leadership Speeches	23.11.18	<ul style="list-style-type: none"> <li>Time TBA</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 <b>(TBC)</b></li> </ul>
Presentation Day	6.12.18	<ul style="list-style-type: none"> <li>Seaham Public School Hall 5.30 -7.30p.m.</li> </ul>
Year 6 Farewell Dinner	12.12.18	<ul style="list-style-type: none"> <li>Woodfire Pizza Morpeth</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>



## Little Bang Discovery Club - Thornton Library

**Starting 12 November**

Calling all mini scientists! Little kids can discover the world of science with the new Little Bang Discovery Club. This free, four week program for children 3 – 5 years is designed to inspire scientific enquiry, discovery and learning in a fun and hands-on way.

Through a series of experiences, activities and experiments using everyday objects, children will learn the basics of science and in the final week children will take part in a mini science fair, showcasing their new discoveries. Children who join the Little Bang Discovery Club will also be loaned a Little Bang Discovery box and booklet for the duration of the program.

Bookings are required for all four sessions and a parent or carer is required to participate with the children in this program. Ages 3 – 5 Free

**Thornton Library**

**Session 1: Mon 12 Nov 11.00am - 12.00pm**

**Session 2: Mon 19 Nov 11.00am - 12.00pm**


**Session 3: Mon 26 Nov 11.00am - 12.00pm**

**Session 4: Mon 3 Dec 11.00am - 12.00pm**



# 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 make tasty tabouli.

**Serves: 6 | Preparation: 10mins | Cooking: 30-60mins**

**Ingredients**

- ½ cup uncooked bulgar\*
- 2 cups reduced-salt chicken or vegetable stock, hot
- 2 bunches Italian flat leaf parsley, chopped
- 1 bunch mint, chopped
- 3 shallots, chopped
- 3 Roma tomatoes, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice





**Method**

1. In a large bowl, pour the boiling stock over the bulgur. Let sit for 30-60 minutes until softened and then strain through a fine mesh sieve. Cool.
2. Combine the bulgur, parsley, mint, shallots and tomatoes in a large bowl. In a small bowl, combine the olive oil, lemon juice and pinch of salt. Pour over the bulgur mix and toss to mix well.

\* Bulgar is a cereal made from whole wheat partially boiled then dried. It can be substituted with couscous or quinoa.

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** 

 **Nutrition Snippet**


## The simplest way

...to pack a healthy lunch box.

Pack at least one item from each of the following food groups for a healthy lunch!

**Breads/ cereals:** Wholemeal or wholegrain bread, wraps and pita. For a treat, pack pikelets, or homemade muffins and slices.

**Fruit:** Serve in fun ways; try fruit kebabs or fruit in jelly, cut whole fruit into small pieces for younger kids.




**Vegies:** Pack carrot or celery sticks with hummus.

**Dairy:** A slice of cheese, yoghurt or custards are all great lunch box items.

**Meat and alternatives:** Cooked chicken, tuna, egg, roast meat and legumes like red kidney beans or chickpeas.

**Water or milk:** Water or milk are the best drink choices.

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** 



## Lego Clubs

Get Creative with LEGO®

Kids can get creative, build master projects and make new friends at our LEGO® Clubs at East Maitland and Thornton Libraries

Building ideas and guide books for loan

### East Maitland Library

First Tuesday of the month  
 3.30pm – 4.30pm  
 5 – 12 years  
 Free

### Thornton Library

Every Friday  
 3.30pm - 5.00pm  
 5 – 12 years  
 Free



Aussie Care is a 100% not for profit, non-Government funded charitable organisation. Its sole purpose is to assist everyday Aussies and local Australian industry.

#### **Discount Grocery Store**

Offers EVERY AUSSIE access the cheapest possible groceries. Our Fruit and Veg is all beautifully fresh and sourced by our local Aussie Farmers. Our meat is from our local butcher and a selection of everyday pantry, dairy, health and hygiene products are available as well. No welfare, pension or any other card required to shop here. We are OPEN TO THE PUBLIC.

#### **Online Grocery Specials**

This enables our customers to purchase online with click and collect or receive delivery in selected areas. We showcase our **Super Specials** online along with our very popular Grocery Packs. There is also the option to purchase individual items as well. The online store is a great way for your charity, church, school, club or workplace to order and **SAVE**.

#### **Garage Sale Warehouse**

Is a massive garage sale open six days a week at 39 Bonville Avenue, Thornton NSW. You never know what you may find. Aussie Care welcomes donations of all kinds of products. As long as it is not broken and doesn't have a power cord we are interested in having a look at it!

**Lawn Care Services**- our amazing lawn care team strives to offer the best service and quality of work. We have some very large contracts and pride ourselves on winning business through our attention to detail and overall workmanship rather than being a not for profit. All proceeds from the Lawn Care (*excluding operational costs*) go back into assisting our local community. It is staffed through former Work for the Dole participants who have stood up and decided to make a change in their life and have been trained and worked extremely hard for their positions. So go on...put us to the test, you will never look back!

#### **Helping Our Community**

Due to difficult economic times it's no secret that a large number of businesses are being forced to restructure or close down and with this comes significant redundancy levels. Couple this with ever changing climatic conditions and life just seems to get tougher. Aussie Care's sole focus is to offer just a little relief from your budgetary restraints. We are not a charity that focusses just on welfare recipients....we are here for everyone, we are simply Aussies helping Aussies.

**Aussie Care also participates in a Work for the Dole programme** that is extremely important to **breaking the unemployment cycle** often witnessed through the generations. We tailor our operation to focus on teaching the participants the importance of **working in a team, positive thinking** and **improving** there overall skill-set to ready them for future employment. We strive to create a positive environment that simulates real working conditions.