



Education
Public Schools



Charlestown Public School

Newsletter Term 2 Week 5 – Wednesday 25 May 2016

A proud partner of the Whitebridge Community of Schools

Dear Parents

Part of our school's wellbeing program is "You can Do It". This program aims at developing students' skills in Resilience, Persistence, Confidence, Getting Along and Organisation. This term the focus is on "Getting Along." Being kind and treating people how you would like to be treated are important messages discussed weekly in class and at school assemblies. Please work with us to encourage our students to be respectful and to show care and compassion to each other. Together we can do it!

NATIONAL SIMULTANEOUS STORYTIME

Today the whole school watched and listened to the podcast of "I Got this Hat" by Jol and Kate Temple. National Simultaneous Storytime is an important annual campaign that aims to encourage more young Australians to read and enjoy books. Now in its 15th successful year it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy using an Australian children's book that explores age appropriate themes, and addresses key learning areas of the National Curriculum for Grades F to 6 and the pre-school Early Learning Years Framework. The students from K-6 thoroughly enjoyed the reading!

KINDERGARTEN ENROLMENTS

Enrolments for Kindergarten 2017 are now being taken. We have programs to cater for children from 4 years and 6 months of age. Please contact the Office on 4943 4063 and leave the details of any child intending to enrol next year.

DATES FOR YOUR DIARY

	TERM 2 2016
27.5.16	Last day for Cookie Dough orders and money
31.5.16	Last day for payments prior to new finance arrangement
3.6.16	Cake Stall
14-18.6	Star Struck Week
15.6.16	ICAS Spelling P&C Meeting 9:30am
16.6.16	Payments can again be made Expected date for Cookie Dough orders to be delivered
22.6.16	Y3-6 Netball Gala Day
28.6.16	K, Y3, Y6-A Matter of Seconds
2.7.16	Election Day BBQ & Cake Stall 7:30 am to 1:30 pm
	TERM 3 2016
19.7.16	All student return to school K-6 NAIDOC celebrations
20.7.16	K-6 Athletics Carnival
26.7.16	K-6 Life Education Visit

PRINCIPALS AWARD

Congratulations to Noah and Michael on achieving their Principal's awards last week.



HOME READING PROGRAM

Each week our home reading program awards five students for completing their home reading during the week. The prize is a \$2 voucher to spend at the school canteen. You need to be in it to win it! Don't forget to continue with your home reading each day.

EASTLAKE NAIDOC FAMILY FUN DAY

NAIDOC Week 2016 is approaching and this year the Eastlake NAIDOC Family Fun Day will be held on Friday 15 July 2016 from 10am-4pm. The purpose of the day is to provide a community day in which Aboriginal and Torres Strait Islander history, culture and achievements are shared and embraced and where community members can come together to celebrate their community. On the day, a variety of entertainment will be provided including specific activities for children. A free BBQ lunch will be provided to all community members that attend the day. Please join us for a fun filled day.

STAR STRUCK

The countdown is on in earnest as the performances and final rehearsals began yesterday, with more to come tomorrow. Best wishes to our dancers and the supporting teachers, especially Mrs Kondov, Mrs Thomson and Miss Hale. This is a fantastic event and a memory that the students will have forever.

AUTHOR-LIZ ANELLI

Tomorrow the students in K-6 will be treated to a very special visit by author and illustrator Liz Anelli. Originally from England, she has illustrated 15 books and numerous articles for newspapers, websites and magazines. She moved with husband Mario to Australia in 2012 and quickly fell in love with the colourful city of Newcastle. Her first major project was a huge illustrated map for The Maritime Centre telling the story of the Port in pictures. An ASA Children's Picture Book Award allowed her to research "Desert Lake" (Walker Books) and she spent her May Gibbs Trust Fellowship 2015 in Adelaide developing new manuscripts. "One Photo" (Penguin Books) will be published in September 2106.

Thank you to the families who have paid already for the visit, I know the students will enjoy participating in this worthwhile workshop.

NETBALL GALA DAY

Notes were handed out last week for the netball gala day. We are able to form 6 teams of children from Yrs 3-6 and it's always a fun day. Our P&C use the day as a fundraiser organising the canteen so please come along and lend a hand. Please remember all finances close off next week.

GRANTS

Last week I was given the good news that we had received a grant to put towards purchasing new appliances and a replacement fridge and freezer for the canteen. Thankyou Sue for your work in submitting the grant. With all new equipment our canteen will be sustainable for the next few years.

Enjoy the lovely Autumn weather and have a great week!

Jayne Thompson
Principal



ZONE CROSS COUNTRY

Last Wednesday, 26 students travelled to Belmont to compete in the Zone Cross Country. It was fantastic to see all of our students display such positive attitudes during the day, representing our school so successfully. All students displayed excellent behaviour and should be proud of their achievements.

A sincere thanks to all the parents who provided transport on the day, your assistance (and vocal support for our runners!) was greatly appreciated.

Mr Andrew Overdijk and Mrs Judy Nolan



3/4O NEWS

It has been a busy term in 3/4O with plenty happening both in and out of the classroom.

We have been enjoying reading the fantastic 'Charlie and the Chocolate Factory' by the legendary Roald Dahl. We created some amazing landscapes of Prince Pondicherry's colossal chocolate palace. The silhouette of the palace is at sunrise, when the sky is full of amazing colours and just before the palace began to melt!



In History, we have been looking at local Aboriginal beliefs, languages and symbols. After reading the Dreaming Story 'The Kangaroo that Lives Inside Nobbys', we created some impressive artworks of the

kangaroo as he slipped away from the wallabies and made his way to Nobbys Island.



We have also started French Knitting in class. We are all having a great time with our 'Knitting Machines', developing our fine motor skills and focusing on generating positive energy through this relaxing activity. It has been great to see everyone so excited about knitting!



We are looking forward to the upcoming Netball Gala Day. Please make sure you have your permission note and money in before this Monday.

Please check with your child that they have a plastic display folder in class. We use these display folders to keep our work samples neat and tidy under our desks. If your child does not have a display folder, please send one in as soon as possible.

Thanks to all of the parents who have been joining us for Reading Groups and Writing Groups. If you would like to assist, please see me before or after school and we can decide on a suitable day.

Mr Andrew Overdijk

CANTEEN NEWS AND ROSTER

Thu	26.5.16	A Jeayes, L. Jones
Fri	27.5.16	No orders—counter service at lunch only J Hope, L. Maddison
Mon	30.5.16	CLOSED
Tues	31.5.16	CLOSED
Wed	1.6.16	S. Taylor, N. Filo

CLOTHING POOL HOURS

Wednesdays	2:45 pm – 3:15 pm
Fridays	9:00 am – 9:30 am

P&C NEWS

Cookie Dough – due Friday 27 May

Order forms were sent home last week. At this stage we only have a handful of orders and as such do not meet the minimum required to place an order.

Please return the order forms, money (if required) and your preferred instant prize/s to the office by Friday 27 May. Delivery is expected to be on Thursday 16 June.

Netball Gala Day - Wednesday 22 June

We will be catering at the Netball Gala Day. If you are able to assist on the day, please leave your details at the office.

Entertainment Books

Entertainment books are now available for sale and collection from the office. Each book costs \$60 and has hundreds of dollars' worth of savings at local and national businesses. Now choose from traditional Book or Digital Membership!

Federal Election Day BBQ and Cake Stall – Saturday 2 July

We require assistance on this day also, to serve bacon and egg rolls, sausage/steak sandwiches and drinks. We will also be selling cakes/biscuits/slices and of course lamingtons!

We are looking for volunteers from 7.30 – 9.30, 9.30 - 11.30 and 11.30 - 1.30.

If you are able to supply any homemade cakes/biscuits/slices that can be sold on the day we need all goods to be clearly labelled with the ingredients that were used. These can be delivered to the school on the Friday afternoon or early on the Saturday morning.

Newcastle Permanent Building Society Introducer Program

We joined this fundraising program through the NPBS in 2014. When someone applies for a new Newcastle Permanent home or business loan, all they need to do is tell NPBS they were referred by Charlestown Public School P&C and provided their application is eligible, the P&C will receive \$600 once the loan has been processed.

Please tell your friends, families, work colleagues ... basically anyone you know can participate!

'You Can' Mobile phone recycling

If you have any old mobile phones, please drop them into the recycling box in the office foyer.

Clothing Pool

Brown Jackets

We have a small number of the old plain brown jackets for sale. These are brand new but we are no longer stocking them as we have a new jacket that is jersey lined for extra warmth. These plain brown jackets will be sold from the Clothing Pool for \$20.

New Jacket Orders

For those parents who ordered jackets - they are available for payment and collection from the Clothing Pool Wednesday afternoons 2:45-3:15pm or Friday mornings 9:00-9:30am.

Girls Brown Ponte Pants


We have a small number of girls brown long pants available in sizes 4 to 16 for \$10 each.

Girls Dresses

We are looking for any second hand girls dresses that you no longer need. If you have any it would be greatly appreciated if you could please drop them into the office.

Canteen Friday Vacancy

We have a vacancy on a Friday which is for lunch service only. If you are available to work any of the following Fridays, please leave your details at the office – 20th May, 17th June, 12th August, 9th September, 4th November and 2nd December.



'SMART Code'

Coding & Computer Science Holiday Workshop

2 Days of on campus, coding fun!

SCIENCE MATHS AND REAL TECHNOLOGY


JULY
5th - 6th
9am - 3pm

\$85
Registration

For more information and Registration visit:

www.newcastle.edu.au/smart

- Ages 10 - 14 years
- No prior knowledge required
- Learn the science of coding
- Design your own App
- SMARTbots science show
- University Campus experience




The simplest way

...to serve up 2 and 5.

It is important to aim for a minimum of two serves of fruit and five serves of vegetables every day, for good health and to reduce cancer risk.




So how much is a serve? Here is a quick and easy guide:





How much is 1 serve?

For recipe ideas and inspiration visit:
eatittobeatit.com.au
facebook.com/eatittobeatit
pinterest.com/cancercouncil/easy-fruit-veg

150 grams of fresh FRUIT or:

 = 1 medium piece (e.g. apple)	 = 2 small pieces (e.g. apricots)	 = 1 cup chopped or canned fruit
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75 grams of fresh VEG or:

 = 1/2 cup cooked veg or legumes	 = 1/2 medium potato	 = 1 cup salad or veg
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CAN 3102 07/15

For more information visit
www.eatittobeatit.com.au
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The simplest way

...to cook a delicious curry.

Lamb & Veggie Curry

Serves: 4

Top tip: Reduce the amount of meat and increase the vegetables – you'll save money and make the meal healthier. Applies to stir fries, curries, pizzas and mince dishes too.



Ingredients: 1 tsp olive oil; 2 tbsp curry paste; 1 medium brown onion, chopped; 2 cloves garlic, chopped; 300g diced lamb; 3 large carrot, cut into chunks; 250g button mushrooms; 400g tinned tomatoes, diced; 100g red lentils; 500ml reduced salt chicken stock; 1/2 cup fresh coriander.

Method: Heat oil in heavy-based pot and cook onion, garlic and curry paste until fragrant. Add lamb and brown over a high heat. Add tomatoes, stock, carrots, mushrooms and lentils and reduce the heat to simmer. Cook for about 1 hour with the lid on, stirring regularly until lamb is tender. Mix through coriander reserving a small amount for garnish. Serve with brown rice.

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



The simplest way

...to bake a healthy lunch box treat.

Homemade muffins are a great way to add a fruit or veg-filled treat to lunch boxes.



Apple and date muffins

Ingredients: 3 apples, chopped; 1 cup boiling water; 200g dates, chopped; 50g butter; 2/3 cup brown sugar; 2 tps mixed spice; 1 egg; 1 tsp baking soda; 1 tsp baking powder; 2 cups wholemeal flour.

Method: Preheat oven (180°C). Chop apples and dates. Add boiling water, butter and sugar. Mix until butter melts and sugar dissolves. Add spice and allow to cool. When fruit mixture is warm, not hot, add spice and egg. Mix well. Add baking soda, baking powder and flour. Mix, but do not overbeat. If mixture is too dry, add a little milk. Spoon into the prepared muffin tin. Bake for about 15 minutes.

For more information visit
www.eatittobeatit.com.au
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ENGAGING ADOLESCENTS™ PARENT COURSE

Parenting skills for resolving teenage behaviour problems

A three-session program for parents and carers
at Allambi Care

28 Fraser Pde, Charlestown

When: 6th, 13th & 20th June 2016

Time: 6pm – 8.45pm

Cost: \$20, light refreshments included.

Learn:

- ✓ Some common ground shared by parents & reasonable expectations to have about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self-check-in, first-for parents
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

What parents have said...

A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.

A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.

Who's running it?

The trainer for this course is Michael Burke who works as an Adolescent & Family Counsellor in the East Lake Macquarie Local Government Area.

Registration is required

Limited spaces are available, please register for this course by contacting Michael before 3rd June 2016 ph. 0408 474 602.



ALLAMBI CARE

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au