



Education
Public Schools



Charlestown Public School

Newsletter Term 3 Week 5 – Wednesday 17 August 2016

A proud partner of the Whitebridge Community of Schools

Dear Parents

MINI OLYMPICS

You will all be aware that our school community has raised funds for new playground equipment. This equipment, once in operation, will contribute to the physical, creative and social development of students. The school has raised a significant amount to be able to install a variety of equipment suited to both older and younger students. We are already well on the way with support from community based grants, associated organisations, our P&C and the upcoming Mini Olympics.

In this Olympic year we are holding an alternative fundraiser to our regular walkathon. All monies raised will be put towards the purchase of new fixed equipment for the playground. The class which raises the most money per student will be thanked by way of a pizza lunch. Please continue collecting sponsors for the Mini Olympics.

ARE YOU A BUCKET FILLER?

As part of Kidsmatter the primary students have been practising being a "bucket filler." This is a person who regularly does kind things and says positive comments about a classmate. Each time you do a kind deed for someone else, it improves not only their feelings of self-worth, but also your own. Please encourage your children to be bucket fillers not only at school but at home. We would all love some extra help around the home!

FATHER'S DAY BREKKIE

An invitation is extended to all Dads to come to school on Friday, 2 September between 8am and 9am and have breakfast at school with your children. The Staff and the School P&C will be providing breakfast in the Hall/Canteen area.

DATES FOR YOUR DIARY

TERM 3 2016	
Term 3	K-6 Gymnastics – every Friday
17/18.8.16	Zone Athletics
24.8.16	P&C Meeting 9:30am
26.8.16	Y6 Science & Engineering Challenge
2.9.16	Father's Day Breakfast
10.9.16	Election Day BBQ & Cake Stall 8 am – 1 pm
12.9.16	K-2 Wetlands Excursion
18.9.16	Bunnings BBQ - Belmont
21.9.16	Y5-6 Touch Gala Day
22.9.16	Y3-4 Charlestown Cup
23.9.16	Last day of term
TERM 4 2016	
10.10.16	Monday – all students return
25.10.16	Kinder 2017 Orientation Day
2-4.11.16	Stage 3 Canberra
18.11.16	K 2017 1 st Transition afternoon
2.12.16	K 2017 2 nd Transition afternoon
8.12.16	Presentation Day
12.12.16	Year 6 Farewell
15.12.16	Party Day
16.12.16	Last day of school for students

BREAKFAST BASICS

Imagine you are a car. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road. You need to provide enough new energy for your body to get started and to keep you functioning until lunch.

A six-year study compared the mental and physical efficiency of a group of adults throughout the day, some of whom ate healthy nutritious breakfasts while others did not. When compared to those who ate breakfast, the people who did not became less efficient as the day went on. Their productivity improved after eating lunch, but by the end of the day their work completion was slower than those who had eaten breakfast.

For children, a good breakfast is even more important. Children who do not eat a good breakfast become tired in school and have shorter attention spans, especially late in the morning. In one study, test scores of children who did not eat breakfast were generally lower than those who had eaten a well-balanced morning meal. Another good reason to make sure that children have a balanced breakfast is that four out of five children do not get enough vitamins and minerals from lunch and dinner alone. By adding breakfast, children are more likely to get the vitamins and minerals they need. Also, children who don't eat a good breakfast tend to eat more junk food during the day -- snacks that are high in fat and sugar and low in nutritional value. (*Excerpt from About Kids Health*)

GOOD FOOD FOR KIDS

In keeping with the above information about eating a healthy breakfast, Sydney Fresh Food markets are having a competition "Eat fresh and Win" to encourage the students to buy fresh fruit and vegetables from the canteen. In return they are given stickers and an entry card to go into the competition to win a home entertainment pack, or an iPad mini plus many other prizes. You've got to be in it to win it, so buy some tasty healthy fresh fruit and vegetable treats at the canteen.

NAPLAN and Sydney University results

This week NAPLAN results will be sent home with your child. A deeper analysis will be included in next week's newsletter as staff has more time to unpack the results.

In the ICAS Spelling results, congratulations to Rylan B, Lily B and Chloe who gained a Credit and to our

other seven students who received a participant award.

YOU CAN DO IT

This term we are now focussing on developing Resilience with the students. Students who are resilient keep on trying when faced with setbacks and learn how to handle teasing or social difficulties without getting too upset. Being resilient often enables you to be able to say "no" and stand up to negative peer group pressure and helps you to be tolerant of others and try to find out the good in others. Resilience is also important when completing tasks that you don't believe are necessary, ie some students don't believe in daily exercise in our PE lessons and choose not to do their best. Showing resilience and learning to do things even when you don't want to helps build character too.

CREATIVE AND PRACTICAL ARTS

We have just begun our second semester rotation for CAPA. The primary students have been busy singing, playing the ukulele, performing drama skits and also playing percussion. This semester it is the K-2's turn for choir. We are fortunate to have so many talented teachers to help our students with CAPA.

Mrs Walsh has also developed a percussion band with students practising each Monday during lunchtime. Congratulations to these students for "having a go" and learning a new skill!

THE TELL THEM FROM ME STUDENT FEEDBACK SURVEY

This term our school, like many other public schools in the State, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey, for students in Years 4, 5 & 6. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

You may remember that our students also participated in a *Tell Them From Me*

student survey in Term 1 this year. Asking students to complete the survey twice in one year allows us to identify trends in student responses as well as track engagement and motivation across the school year. More information about the survey is available at:

<http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential. There will also be a parent survey available in the coming weeks.

Have a great week

Jayne Thompson
Principal

LAKE MACQUARIE'S MUSIC BUS – STUDENT OF THE WEEK

Okyanus A – Charlestown Public School
What's your age? *6 years old*
How long have you been playing the Drums? *6 months.*
Favourite song to play?
Dilemma by Nelly
If you won lotto, what would you buy?
I would buy a Lego city train set and a really shiny sparkly blue drum kit.
What do like about playing the Drums?
It's really fun!

Thanks!
Sarah English



CLOTHING POOL HOURS

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

CANTEEN NEWS AND ROSTER

Thur	18.8.16	A Jeayes, L Jones
Fri	19.8.16	No orders–counter service at lunch only J Hope, L Maddison
Mon	22.8.16	CLOSED
Tues	23.8.16	CLOSED
Wed	24.8.16	S Taylor, N Filo

URGENT CANTEEN HELP NEEDED

The Canteen has a vacancy on Wednesday 7/9, 2/11 & 30/11, if you are able to assist please leave your details at the office.

The **Sydney Markets 'Eat Fresh & Win Canteen Campaign'** is starting this week (competition commences Monday 8 Aug and concludes Friday 16 September). Prizes include Home entertainment pack including a 32" LED LCD TV and a 3D Blu-ray Player, ipad mini 16GB Wi-Fi. Children will receive promotional material if they purchase fresh fruit from the canteen.

COMMUNITY NEWS

CHARLESTOWN JUNIOR CRICKET CLUB

Invites you to join our Club for the 2016 / 2017 Season. Excellent Coaching and support for all children from ages 5 to 17 years.

Registration days will be held at the Club House

Kahibah Soccer Oval, Kahibah

Tuesday 16th August 2016

6pm - 8pm

Thursday 18th August 2016

6pm-8pm

Tuesday 23rd August 2016

6pm - 8pm

Thursday 25th August 2016

6pm - 8pm

Telephone enquiries phone:

Darren Mitchell 0401 515 216

Tahnee Pike 0414 602 979

Junior cricket for U/12-U/18

7-A-side Foundation Cricket U/11 and U/12

U/13 Sixers Girls Cricket League, Friday evening competition

Milo T20 Blast 8-12 year olds

Milo in2cricket 5-8 year olds

All girls can play up to 2 years below their age group in Newcastle Cricket association competitions

CHARLESTOWN PUBLIC SCHOOL P & C ASSOCIATION UPDATE

The P & C have a number of events in coming months which we require your assistance with.

Father's Day Breakfast – Friday 2nd September from 8.00 – 9.00am

Together with the teachers we will be serving Bacon & Egg rolls to students and their fathers on the day in return for a GOLD COIN donation.



Lake Macquarie Council Election Day BBQ and Cake Stall – SATURDAY 10th September from 8 am – 1pm

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

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.

Bunnings BBQ Belmont – Sunday 18th September from 8 am til 4 pm

The P & C will be hosting the BBQ on this day, this is a great fundraiser for the school. We require assistance in the cooking and serving of sausage sandwiches and drinks.

School Fete – Friday 11th November from 3pm til 6pm

Planning is underway for the Fete. If you own a business or know a business that would like to donate prizes for either the raffle or the Chocolate Wheel. Please leave your contact details at the office and we will be in touch. For the Fete to be a successful event, we require your help.

I am able to assist with :

Father's Day Breakfast – Friday 2nd September from 8.00 – 9.00 am

- ☐ 7.30 – 8.30 OR
- ☐ 8.30 – 9.30

Name :Contact Number :



Lake Macquarie Election Day BBQ and Cake Stall – Saturday 10th September

☐ 7.30 – 9.30 ☐ 9.30 - 11.30 ☐ 11.30 – 1.30

☐ I will provide donations of homemade cakes/biscuits/slices

Name :Contact Number :

Bunnings BBQ Belmont – Sunday 18th September from 8.00am to 4.00 pm

- ☐ 8.30 – 11.00
- ☐ 11.00 – 1.30
- ☐ 1.30 – 4.00

Name :Contact Number :

FETE – Friday 11th November from 3.00 to 6.00 pm

- ☐ 2.00 – 3.00
- ☐ 3.00 – 4.00
- ☐ 4.00 – 5.00
- ☐ 5.00 – 6.00

Name :Contact Number :