



Charlestown Public School

Newsletter Term 1 Week 5 – Wednesday 22 February 2017

A proud partner of the Whitebridge Community of Schools

Dear Parents/Carers

It is hard to believe a month of school has past already. It was great to see so many parents at the school on Monday night and so many students enjoying the disco. This night will have given you an overview of the main components of your child's class for the year. Should you have further questions please feel free to make an appointment to speak with the class teacher.

ZONE SWIMMING

The zone swimming carnival is on Wednesday and Thursday of this week. Thanks to Mrs Nolan for overseeing our team. We wish our swimmers all the best for their races.



7 STEPS TO WRITING

On Thursday this week, Miss Hale and Mrs Drysdale will be attending a training course on the program 7 Steps to Writing. Following this event they will provide training to the rest of the staff. It is a research based program that has proven results. We are currently planning to implement this program across Years 2-6 during Semester 2.

DEBATING WORKSHOP

This Friday I will be taking the 8 students from our 2 debating teams to Edgeworth for a debating workshop. This will be a

fabulous opportunity for the students to pick up some preparation and presentation tips. Our 2 debating teams will compete against other local schools in the upcoming debating competition.

DATES FOR YOUR DIARY

	TERM 1 2017
Mondays	Y3-6 Ukulele Group 1:25pm
22-23.2.17	Y3-6 Zone Swimming
23.2.17	School Council Meeting
2.3.17	Regional Swimming Music Day
3.3.17	Y6 Leadership Day
5.3.17	Bunnings BBQ Belmont (see note on last page)
9.3.17	Y5 Selective HS Test
17.3.17	K-6 Harmony Day @ school
28.3.17	K-2 Pet Program
4.4.17	Easter Raffle tickets due
5.4.17	Y3-6 T-Ball Gala Day
7.4.17	Easter Hat Parade Last day for students
	TERM 2 2017
24.4.17	Staff Development Day (no students)
25.4.17	ANZAC Day – Public Holiday
26.4.17	All student return to school

YOU CAN DO IT!

Organisation is our 'You Can Do It' focus for the rest of this term. All students in Years 1-6 will be undertaking lessons designed to stress the benefits of being organised and tips to help them be organised. Examples of being organised include bringing your homework and home readers on Friday, keeping your desk neat and school bag and bedroom area at home tidy, planning enough time to do homework and projects and setting goals to help you achieve and be successful.

Homework is an important part of learning, but sometimes parents find it hard to keep up with what needs to be done. Here is a range of resources to point you in the right direction. There are also some useful tips and help sheets to improve study skills in these areas.

<http://www.schoolatoz.nsw.edu.au/homework-and-study>

It is important to note that managing our time is an important aspect of being organised. Students need your assistance to ensure that they have ample time for homework, exercise, out of school activities and time to relax. Help your child to be organised but don't try to do everything for them.

SCHOOL ACCOUNTS

Charlestown PS has sent home invoices and we thank the parents who have paid their accounts. As a school, we make every effort to keep costs to a minimum but do need every family to pay their share. All students have access to pencils, pens, rulers, craft materials and work books to ensure a smooth start to the year. Your prompt attention to the payment of the invoice is appreciated.

FRUIT BREAK – CRUNCH 'N SIP

Would all parents please supply their child/children with a small piece of fruit which is peeled, chopped or cut up in a container ready to eat each day.

Fruit break occurs every day in our classrooms in the morning session. It is a quick bite to eat to help recharge the batteries during our morning session.

As fruit break is only a short amount of time (5 mins), there is no time to peel oranges or cut up apples. Grapes, strawberries and bananas make great healthy items for fruit break. Please also include a cold bottle of water in your child's lunch box especially during hot days.

FOREIGN COINS

This year there has been a substantial increase in the number of foreign coins being used to pay for school accounts and canteen items. Foreign coins are not legal

tender in Australia and can't be accepted by the school. Please check all coins carefully before sending them with your child to school.

STUDENTS - PHOTOGRAPHS & VIDEO

We have a large number of students who are not to be photographed, filmed or identified in any media.

Parents are reminded when taking photos/videos etc of their own child/ren that other students cannot be included, even in the background.

P&C

Thank you to the ladies who came to the P&C meeting last week. Congratulations to our new office bearers: Sue Clark President, Natalie Johnson and Linda Todorovski Vice Presidents, Alison Lee Secretary and Kylee Lowe Treasurer. Also to the many other ladies who put their hand up to look after the canteen (Nancy), clothing pool (Natalie), student banking (Alison) etc. Your help at our school is invaluable to us and we greatly appreciate it. Last year the P&C contributed a large amount of money to the school helping to pay for things such as our new playground equipment and line markings, swim school, materials for Kindergarten orientation and a guest speaker. Don't forget to support their fundraising efforts this term: Bunnings BBQ and Easter Raffle. The funds raised all go towards providing a better education for your child.

KINDERGARTEN VISIT TO MUSIC BUS

Next week at school our Music Bus teacher will be running a fun half hour session to introduce all the new kinder students to the activities on offer. This will occur on Monday 27 February at 2:15pm and parents are welcome to attend if they are interested. To find out more about The Music Bus visit www.themusicbus.com.au.

Have a great week.

Trisha Gill
Relieving Principal



Our new lectern was a gift to the school from 2016 Year 6

1H NEWS

1H has wriggled into Year One. We are very busy and productive with our learning. Every day we are learning new things exercising our brains which are muscles. We are learning to have perseverance, be resilient and also put in effort. In 1H we are learning to be co-operative learners, working as a team and celebrating successes and effort.

Reading groups have begun and any interested parents, carers or grandparents will be greeted warmly. We have started our Sound Waves program and children are enjoying completing activities in their new books. Many children are striving very hard to learn their "fast words" which greatly helps with their reading. In writing we are composing recounts followed by information reports. Please ensure your children are reading each night and attempting some Homework.

This term in Maths we will be covering the following topics: Data, 2D Space, Number, Length, Position, Mass, Multiplication, Addition and 3D Space. These concepts will be taught using whole class and group activities using concrete, pen and paper, whiteboards, interactive smartboard and iPads.

Every morning we participate in fitness activities and all the children are putting in a big effort.

In History we are looking at "The Past in the Present" so we might need help from grandparents. We will be looking at changes in the way we live, the differences in technology, clothing, transport and buildings.

So far this year we are learning lots and becoming more independent a great way to start the year.



MUSIC DAY CONCERT!

Parents, grandparents and care-givers:

Don't miss our amazing concert on Thursday 2 March, at 2.15pm in the school hall.

The whole school will play marimbas, dingboxes, echo-cellos, drum kits and musical bikes created by Jon Madin, musician and educator.

It is Jon's mission to bring to our community the joy of shared music making.

Having learned to play these instruments at workshops with Jon earlier in the day, our students will present their skills in a toe-tapping performance during the last hour of the school day. Every child will participate.

We hope to welcome you as our audience.

Gail Walsh

CLOTHING POOL HOURS

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

CANTEEN ORDERS

Lunch and recess orders are available on Wednesday and Thursdays ONLY.

Please ensure that you follow the following steps when placing a lunch or recess order.

1. Please put orders on separate bags and specify recess or lunch.
2. Write child's full name, class & order, fold & place in order box before 9.30 am.
3. Correct money is appreciated but should your child need change it will be taped down in bottom corner of the bag.
4. Please remind your child to remove it before throwing the bag out.

CANTEEN ROSTER

Thur	23.2.17	K Styles, T Black
Fri	24.2.17	No orders—counter service at lunch only L Lee, Vacancy
Mon	27.2.17	CLOSED
Tues	28.2.17	CLOSED
Wed	1.3.17	K Bassett, L Todorovski

P&C NEWS

Newcastle Permanent Building Society Introducer Program - We have joined this fundraising program through the NPBS.

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!

COMMUNITY NEWS



Stressed about back to school costs?

Would \$500 help pay for uniforms, books, excursions, tutoring, a laptop or tablet?

Saver Plus matches your savings for school costs, dollar for dollar, up to \$500!

You may eligible if:

- you have a Health Care or a Pensioner Concession card and,
- you or your partner have some regular income from work such as full-time, part-time, casual or seasonal work.

Contact Cynthia Culhane
your local Saver Plus Coordinator:
02 4032 4703 / 0418 699 646
or cynthia.culhane@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in the Newcastle area by The Smith Family. The program is funded by ANZ and the Australian Government. Find more information at saverplus.org.au.



Nutrition Snippet

The simplest way

...to get bang for food budget buck.

Budgeting the week's food money according to the healthiest foods means getting the best value for money.

Spend most: wholegrain breads and cereals; fruit and vegetables.
Spend moderately: meats and alternatives; dairy.
Spend least: foods high in fat, salt and/or sugar.



Buy what's good for you...
Fruit and veg are good for you and good value for money, especially when in season. Buy canned or frozen when they're cheaper than fresher varieties.

And save...
Processed snacks are much more expensive per kilo, so go healthier and cheaper with some fresh fruit and veg!

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

Eat It To Beat It

Good for Kids good for life

WATERMELON ICE BLOCKS

INGREDIENTS	QUANTITY
Diced Watermelon	2 cups
Fresh strawberries (hulled)	10
Lemon Juice	1 x lemon
Water (optional)	1/2 cup

METHOD

1. Combine all ingredients in blender and blend until smooth
2. Pour into ice block moulds
3. Freeze until hard
4. Enjoy on a sunny summer day!



PHONE 4924 6499



ENGAGING ADOLESCENTS™ INVITATION TO PARENTS OF TEENS

Learn strategies and skills to improve parent – teen relationships

A three-session program for parents and carers

by Allambi Care & Family Action Centre

Belmont Neighbourhood Centre

When: Mondays 13th, 20th & 27th March 2017

Time: 1pm – 3.15pm

Cost: \$5 for Workbooks and 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 trainers for this course are Michael Burke (Adolescent & Family Counsellor for Allambi Care Ltd) and Roger Currie (Programme Facilitator for the Family Action Centre, University of Newcastle).

Registration is required

Limited spaces are available, please register for this course by contacting Michael Burke on 0408474602 or

Roger Currie on 0400978046



• 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



Nutrition Snippet

The simplest way

...to make packing lunches easy.

School is back in session after an extended holiday and packing lunches is again on the household to-do list.

Make the task easy with *Eat It To Beat It's* inspiration and ideas for healthy lunch boxes.

Why not try this combination:

- *Lebanese bread with beef kofta and tabbouleh;
- *Tzatziki;
- *Cheese sticks;
- *Chopped watermelon and blueberries;
- *Water.



For more ideas and recipes check out the eatittobeatit.com.au "for parents" section.

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



Learn to Swim at Speers Point Swim Centre

Monday 30 January 2017
to Saturday 8 April 2017

Only \$12 per lesson

AUSTSWIM or equivalent instructors
(also available are birthday parties
and school holiday activities)



To find out more, please contact Speers Point Swim Centre

☎ 4921 0580 🌐 lakemac.com.au/recreation

Dear Parents

We need your **HELP** the P & C organise a number of events throughout the year and are responsible for the running of the canteen each week. All of our work is done on a voluntary basis and we rely on you and your families to assist us. The P & C raises funds that are then used to benefit the students of the school whether that be by subsidising activities or by purchasing resources.

In Term 1 we have a number of events scheduled so if you are able to spare a couple of hours at any of the events listed below, please leave your **details at the office**.

1. Bunnings Belmont BBQ – SUNDAY 5th MARCH

We will be hosting the BBQ stand selling sausage sandwiches and soft drinks from 9 til 4pm.

We require parents for the following shifts : 8.30 -11, 11 -1.30 and 1.30 – 4pm.

2. Canteen

At this stage the Canteen will open on Wednesdays and Thursdays for full service and on Fridays for Lunch Counter service only from Wednesday 8th February. If you are available on any of these days and wish to volunteer, please leave your details at the office.

All volunteers need to be financial members of the Charlestown Public School P & C Association. The membership fee is \$2 per year. By being a member it ensures that you are covered under the 'Personal Accident Insurance' part of our policy and allows you to participate at P & C meetings. Please ensure that the next time you are on canteen you pay your \$2 membership fee and include it in the daily takings and make a note on the daily sheet as we are required to account for this money separately.

3. School Banking

School banking recommences on Thursday 9th February. This is a great way to encourage children the importance of saving money and also benefits the school with 5% of all deposits being returned to the school.

4. Easter Raffle – due TUESDAY 4th APRIL

A book of 10 tickets will be sent home in mid March. We would appreciate your support by purchasing the tickets and also if you are able to make a donation/s for prizes that would be great.

Donations and tickets will be due to be returned by Tuesday 4th APRIL with the raffle being drawn at the Easter Hat Parade on Friday 7th April.

5. Entertainment Books

We anticipate that the books will be available from late April. More information will be provided once they have arrived.

6. Mothers' Day Stall

A Mothers' Day stall will be held on Friday 12th May. Later in the term we will be requesting donations for the stall.

BUNNINGS BBQ BELMONT – SUNDAY 5th MARCH

Name : _____ **Contact Number :** _____

☐ **8.30 – 11.00**

☐ **11 – 1.30**

☐ **1.30 – 4.00**