



Education  
Public Schools



# Charlestown Public School

Newsletter Term 1 Week 6 – Wednesday 1 March 2017

A proud partner of the Whitebridge Community of Schools

Dear Parents/Carers

It's great to finally be back at school injury free! Thanks to Mrs Gill and all the staff for continuing the smooth running of the school and ensuring a successful start for your children.

Congratulations to our P&C executive newly elected a fortnight ago.

## BUNNINGS BBQ BELMONT

Can you spare a few hours this Sunday to help out at the Bunnings BBQ at Belmont? Please let the school know if you're available to attend. It would be wonderful to have some new faces!

## SCHOOL LEADERS

I hope you saw the wonderful pictures of our school leaders in last Tuesday's Newcastle Morning Herald. Many thanks to the P&C for their contribution.

## REGIONAL NEWS

Congratulations to our talented students who competed at Eastlakes Zone swimming last week. Your behaviour and terrific sportsmanship has made us very proud. For such a small team of swimmers CPS competed well at the carnival. Thanks to Mrs Nolan for supervising the team.



## DATES FOR YOUR DIARY

	TERM 1 2017
Mondays	Y3-6 Ukulele Group 1:25pm
2.3.17	Regional Swimming Music Day
3.3.17	Y6 Leadership Day
5.3.17	Bunnings BBQ Belmont (see note on last page)
8.3.17	School Council Meeting 7pm
9.3.17	Y5 Selective HS Test
17.3.17	K-6 Harmony Day @ school (wear orange and bring a gold coin donation for Stewart House)
21.3.17	1H, 2D & 3/4O to The Place, Charlestown for Harmony Day celebrations
24.3.17	Y2-6 Orienteering
28.3.17	K-2 Pet Program
31.3.17	Y2-6 Orienteering
4.4.17	Easter Raffle tickets due
5.4.17	Y3-6 T-Ball Gala Day
7.4.17	Y2-6 Orienteering 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

## CO-CURRICULAR HAPPENINGS

Many schools say that they "educate the needs of the whole child" but how many can say that:

- \*Dance groups are taught by a qualified dance teacher
- \*Ukulele groups are taught by a specialist music teacher
- \*All students Yrs 3-6 participate in the school choir
- \*We have been a member of Starstruck every year for the past 24 years.

\*Signing choir is taught by specialist teachers

\*Swimming lessons are conducted each year

Not to mention the huge range of sporting opportunities offered to the children in the form of netball, soccer and T Ball, basketball, weekly sport and gymnastics.

### **MUSIC WORKSHOP**

On Thursday we are very lucky to have an accomplished musician, Mr Jon Madin, coming to the school to work with our students. Each class will spend some time with Mr Madin during the day in preparation for an afternoon performance. The performance will be in the school hall from 2:15 – 3:15 pm and everyone is welcome to join us for this event. We hope to see you there.

### **YOU CAN DO IT**

We continue our focus on 'Organisation' this week. Time management is a big part of being organised. You can model time management at home in a number of ways. Some suggestions include having a family calendar with upcoming events being discussed each week, writing 'to do' lists and having job charts for younger children. You might also find it beneficial to have set homework times. This may be in the morning or evening, whichever suits your family. Remember to give your child some responsibility for organising themselves each week and increase this responsibility as they get older.

### **STAFF TRAINING**

Next week staff will be meeting after school on Wednesday to participate in some training. This training will include mandatory anaphylaxis training, a Kidsmatter session on social emotional learning, a review of our school Personal Development, Health and Physical Education scope and sequence, and if time permits, staff will write modifications to our current personal development and health units to reflect the Kidsmatter session. This training will run from 3:30pm to 6:30pm and will be undertaken in lieu of half a day from the 2 Staff Development Days scheduled for the end of the year.

### **DEBATE WORKSHOP**

Last Friday Mrs Gill went to a debating workshop with Year 5 and 6. Students learnt how to construct a debate and the importance of first, second and third speakers.

Special thanks to the parents who provided transport.



### **LUNCHBOXES**

Thank you to all the parents who are providing their child with fruit or veg for Crunch N Sip each day. Teachers have reported that the majority of students are participating in this program each day. What is now concerning teachers at school is what else is inside the lunchbox for students to eat for the rest of the day. Apart from a sandwich there is often a collection of treats inside. Please refrain from putting too much food into your child's lunch box. Children often feel compelled to eat most of the food in their lunch break and not play. A sandwich, popcorn, sultanas, dried fruit etc are some great ideas for the lunchbox! A great website with some healthy alternatives is:

<http://www.goodforkids.nsw.gov.au/Parents>

### **HARMONY DAY/BULLYING NO WAY! DAY**

Harmony Day is a day that celebrates this country's cultural diversity and highlights the needs of all people to feel like they belong. Multiculturalism is part of our national identity. It is interesting to note that 45% of Australians were born overseas or have at least one parent who was. Harmony day is represented by the colour orange as this colour is linked to freedom of ideas, mutual respect and meaningful conversations.

Bullying No Way! Day is a national day of action, held each year, designed to increase awareness of bullying, ways of dealing with bullying and to make a stand as a school against bullying. This school does not tolerate bullying in any form.

This year we have decided to combine both of the above events. We will celebrate on Friday 17 March 2017. Students are encouraged to wear orange clothing and bring in a gold coin donation which will be given to Stewart House. Stewart House is run by the Department of Education and provides a place for students from all cultural backgrounds who need a break from everyday life to visit for 12 days. All costs of the visit are covered by the charity. This school has had many students visit Stewart House over the years and our student leaders thought it would be good to support this charity this year.

In addition to wearing orange on the day, students will participate in a range of activities around multiculturalism and anti-bullying on this day. A meal deal will also be offered by the canteen. A separate note will be sent home about this.

On Tuesday 21 March 2017, 1H, 2D and 3/4O will also participate in the Lake Macquarie Harmony Day Celebrations being held at The Place in Charlestown. Students in these classes will receive a separate permission note for this event which will need to be returned to class teachers.

Have a great week.

Jayne Thompson  
Principal



## 2D NEWS

This year has had a busy start, but we are excited for all that's left to come! We are also excited to welcome our new student, Jayden, to our class.

Last Friday we started our orienteering program which was lots of fun! We learnt about the directions on a compass and played some games that helped us to read a map. We can't wait for our next lesson!

We are enjoying our spelling program 'Soundwaves' and are working hard learning to spell a lot of different words to use in our writing.



Our reading is improving every day and we are working hard during our literacy groups. We have been reading a range of texts and focusing on reading with expression and fluency.

Although we do lots of reading at school it is also very important that each student practices reading at home each night.



We are continuing to focus on 2 strands of maths each week and are enjoying participating in group activities including lots of hands on, computer and iPad activities.

Our writing focus is Recounts and Information Reports. We are doing our best to learn about the structure of these text types as well as using the correct vocabulary.



## DAILY PE AND EXERCISE-(Article from Exercise and Sports Science Australia)

Today Exercise & Sports Science Australia (ESSA) is challenging Australian parents, coaches, schools, and anyone responsible for a child's health, to step up and take action now.

"Australians, as a whole, need to be more proactive when it comes to the health of our children. On the world stage, Australian children are some of the most inactive," says Ms Anita Hobson-Powell, CEO of ESSA.

These claims come after last year saw the release of the second *Full Active Healthy Kids Australia (AKHA) Report Card on Physical Activity of Children and Young People*, which assesses 12 physical activity indicators (physical activity behaviours, traits, and the settings and sources of influence, and strategies and investments, which have the potential to impact these behaviours and traits). Disappointingly, Australia was assigned a failing grade of a D- for Overall Physical Activity Levels.

*Australia's Physical Activity and Sedentary Behaviour Guidelines* state that children aged 5-12 years should be undertaking at least 60 minutes of moderate-to vigorous-intensity physical activity every day. However, the AKHA Report Card found that only a poorly 19% of young children were accumulating 60 minutes of exercise every day of the week.

"We know our children aren't exercising enough, and this report card is proof. It's our responsibility to take control and ensure the future health of Australia's children. I'm confident that the *Exercise Right for Kids* ([www.exerciseright.com.au/kids](http://www.exerciseright.com.au/kids)) campaign is a great step in the right direction," says Ms. Hobson-Powell

## AT CHARLESTOWN PUBLIC SCHOOL

The students participate in 15 minutes of daily PE as well as PE and sport lessons throughout the week. The students are also encouraged to be active in their lunch and recess breaks. As a staff we follow the guidelines for physical activity set by the Department of Education. Please help your children find the time to be active at home.

## CLOTHING POOL HOURS

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

## CANTEEN ROSTER

Thur	2.3.17	J Battle, Alison Lee
Fri	3.3.17	<b>No orders-counter service at lunch only</b> K Styles, T Black
Mon	6.3.17	<b>CLOSED</b>
Tues	7.3.17	<b>CLOSED</b>
Wed	8.3.17	N Toavanua, B Sacmaroski, L Maddison

## 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



The Waratahs Junior Rugby Union Club is inviting young boys and girls interested in playing rugby union to Come Try Rugby sessions at Waratah Oval.

**WHEN:** Three Friday evenings –  
17 March, 24 March and 31 March  
**TIME:** 6pm  
**WHERE:** Waratah Main Oval, Harris Street, Waratah  
**AGES:** Under 7s upwards

Accredited trainers will be in attendance and information available for parents.

### FURTHER DETAILS AVAILABLE THROUGH:

Email: [thewaratahsjuniorrugby@gmail.com](mailto:thewaratahsjuniorrugby@gmail.com)  
Facebook: 'The Waratahs Junior Rugby – Newcastle'  
Web: Junior Rugby tab at [www.thewaratahs.com.au](http://www.thewaratahs.com.au)



# OBESITY

Obesity refers to increased weight above the recommended guidelines according to height.

Scary but true, 23% of Australian children are either overweight or obese.

It is crucial that children participate in a minimum of 60 minutes of physical activity each day. Screen time such as watching TV, playing on the tablet devices and computer time should be reduced to no more than two hours per day.

**Before exercising always check with an accredited exercise physiologist.**

## Why it's important to exercise

Overweight or obese children and adolescents are more likely to be overweight adults. Increased weight poor diet and lack of activity are associated with the following conditions:

- Insulin resistance
- Type 2 Diabetes
- Cardiovascular disease
- Osteoarthritis
- Mental Health issues - Reduced mood, depression, body dissatisfaction

## Things to remember:

- The emphasis on managing weight in childhood and adolescence is not weight loss but weight maintenance. As the child grows their BMI (body mass index) will stabilise and reduce as they increase in height. A healthy diet with a variety of food groups and regular daily physical activity that meets the guidelines will assist in achieving a health weight as your child grows.
- Many overweight children are hesitant in group sports for fear of not keeping up with their fitter, leaner friends/teammates. Encourage exercise that is fun and can be done in a family environment such as bike riding, swimming or walking. There are many programs in the community that are not competitive sport based and some of these programs are free (Go4Fun – NSW Health). See your local gym, YMCA or local health district for Active Kids programs.

## Types of exercise recommended:

- All children and adolescence should be participating in a minimum of 60 minutes of exercise and physical activity per day.
- Encourage activities that are incorporated into daily activities such as walking to school, kicking the ball in the backyard or helping with house cleaning.
- Weight bearing exercises and flexibility are recommended to keep the body strong and flexible.

## References:

1. Physical activity guidelines for children and adolescents. Australian Government
2. Parrish A, Okely A, Batterham M et al. PACE: A group randomised controlled trial to increase children's break-time playground physical activity. Journal of Science and Medicine in Sport 2016; 19: 413-418
3. Healthyactive.gov.au. (2016). Healthy Active - Recommendations and Guidelines. [online] Available at: [www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/recommendations-guidelines](http://www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/recommendations-guidelines).
4. Pivovarov, J., Taplin, C. and Riddell, M. (2015). Current perspectives on physical activity and exercise for youth with diabetes. Pediatric Diabetes, 16(4), pp.242-255.

Find your local accredited exercise physiologist at [www.exerciseright.com.au](http://www.exerciseright.com.au)



## Harmony/Bullying 'No Way' Day Meal Deal

On **Friday 17 March 2017** the P & C will be offering a Meal Deal for all students.

**LUNCH** – Hamburger (bun, meat pattie), Cheeseburger (bun, meat pattie & slice of cheese), Chicken Burger (bun, chicken pattie) plus choice of sauce Cost : \$3.50

**RECESS** – Multicoloured cupcake and a small milkshake (choice of Vanilla, Strawberry or Chocolate) Cost : \$1.50

**No other orders will be available on the day.**

Please fill in form below and place in lunch order box outside office with correct money before **3.00pm Tuesday 14 March 2017. NO LATE ORDERS WILL BE ACCEPTED.**

**As this is a P & C event, payment must be in cash and can NOT be made through the online system. One order form per student please!**

NAME \_\_\_\_\_ CLASS \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

**LUNCH - \$3.50**

- ☐ Hamburger  
☐ Cheese burger  
☐ Chicken burger

**Choice of Sauce - circle**

**BBQ/ Tomato/ Mayonaise**



**RECESS - \$1.50 Cupcake plus choice of**

- ☐ Vanilla milkshake ☐ Strawberry milkshake ☐ Chocolate milkshake

## P & C News

### 1. Bunnings Belmont BBQ – SUNDAY 5<sup>th</sup> MARCH

We will be hosting the BBQ stand selling sausage sandwiches and soft drinks from 9 til 4pm and are still seeking volunteers to assist us on the day.

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

### 2. Canteen Volunteers

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.

### BUNNINGS BBQ BELMONT – SUNDAY 5<sup>th</sup> MARCH

Name : \_\_\_\_\_

Contact Number : \_\_\_\_\_

☐ 11 – 1.30

☐ 1.30 – 4.00