



Charlestown Public School

Newsletter Term 3 Week 4 – Wednesday 15 August 2018

A proud partner of the Whitebridge Community of Schools

Dear Parents/Carers

CPS Staff - Lifelong Learners

One of the many wonderful things about our staff is that they are all always keen to know and learn new skills and hone their educational skills. I make no apologies that your child's teacher over this term may be out 1 or 2 days at Professional Development Courses. Our staff always return from Professional Development courses with enthusiasm and new skills to pass on to us all, and in turn, all of the students benefit.

Coming up we have various staff attending sessions such as teaching Creative and Critical Thinking Skills, Effective Teaching of ASD Students, 7 Steps to Writing Success, Anaphylaxis and First Aid and more! Not to mention our 'after hours' sessions which this term include STEM and Coding activities, Technology, as well as our usual Fleming and WCoS sessions in Week 6.

Student Success

Congratulations to the following students for their wonderful Public Speaking results: Eligh in Yr 5 for his Highly Commended in the Stage 3 section with his speech "Mum's Epiphany" and to Ewan in Yr 3 for his Highly Commended in the Stage 2 section with his speech "Why I Hate Mondays".

Also, fantastic results in the ICAS Writing assessments with Chloe gaining a Distinction, and in the ICAS Spelling tests with Olivia earning a Merit and Chloe a Credit. Well done girls!!

This week Ashley is representing NSW PSSA in hockey. Results thus far: NSW v Qld 1-3 loss, NSW v SA 4-0 win and NSW v ACT a draw. Ashley was named as "man of the match" in the SA game. A superb effort! I'm sure our senior students will enjoy seeing him play tomorrow.



HOCKEY
CHAMPIONSHIP
12 YEARS AND
UNDER



Dates for your Diary

Term 3	
31/08/18	Father's Day Breakfast
21/08/18	P&C Meeting 7pm Library
28/09/18	Last Day Term 3
14/10/18	Bunnings BBQ
Term 4	
09/11/18	School Fete

Father's Day Brekkie

An invitation is extended to all Dads to come to school on Friday 31 August between 8 and 9:00am and have breakfast at school with your children. The Staff and the School P&C will be providing breakfast in the Hall/Canteen area.

Evaluations From Strategic Direction One

Strategic Direction 1 looks at student goal setting, data walls, warm ups and using Learning Intentions and Success Criteria to help students to know what they are learning and why. There has been success with the Yrs 2-6 classes with 63% of students achieving one or more of their goals.

In K-2 we are on track to achieve our measureable targets of 85% students over the three years achieving the required reading levels in Kinder, Yr 1 and Yr 2. Students in Yrs 4-6 have worked collaboratively in their Project Based Learning and produced some pleasing work displaying creativity and critical thinking skills.

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.

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!

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)

Please ensure your child has the required fuel to start their day full of energy with the ability to learn.

Can You Spot The Odd One Out?

Sometimes things that look like they belong really don't! That school hat or jumper in your child's bag - is it the odd one out? Could you please take the time to check that your child has their own items and not a classmates? Any items that you may have adopted by mistake can be returned to the classroom or lost property. Thanks for your help.

NAIDOC Day



Coffee and Chat

Join us this week for coffee and chat at 2:45pm. See you there.

Enjoy the week

Jayne Thompson
Principal

2D

Term 3 already! This year is flying by!

We have had a busy and exciting start to the term. We are lucky enough this term to have an Intern from Newcastle University; Miss Tasma Zalasinski. The students are really enjoying having her in the classroom and are making her feel very welcome. We celebrated NAIDOC day in Week 3 and had a fantastic time participating in different activities.

We celebrated Education Week in week 3; it was a lot of fun and a busy day. We had grandparents come into our classroom and help us with some fun activities. Thank you so much to the grandparents that came to share the day with us! Our classroom was packed full, and it was wonderful! We also had lots of children dress up in fantastic costumes for our Book Week Parade. In the afternoon we got to parade our fabulous costumes around the school and park for the Walkathon. A great way to finish off the amazing day!

Our literacy groups are continuing to run smoothly, and it is obvious which children who have continued to read over the holidays. Please make sure that you are still continuing to read every night with your child so that they are able to see a progress with their reading levels. It is very important for their development into proficient readers and fosters a love of reading.

We are all looking forward to another busy term to further expand our learning knowledge.



P&C News

Eat Fresh & Win at the Canteen

Don't forget the "Eat Fresh & Win" campaign at the canteen. Each time a student makes a healthy selection from the canteen, they'll be rewarded with a sticker to add to an entry form. When they've got 2 stickers, they receive a small prize and their entry goes in the draw for a major prize. There's some great prizes on offer, check out the poster at the canteen.

School Fete – Save the Date

Our school fete, the Summer Fun Fair, is coming up fast. It's Friday 9th November from 3 to 6pm. To make it a great event, we're going to need lots of help. So please, save the date so you can help out on the day. We'll be asking for volunteers and prize donations soon.

Term 3 P&C Events

To raise money for resources for the school, the P&C will be holding the following events this term. We'll need lots of helpers to be able to do this. Please have a look below and email charlestownpublicschool@pandcaffiliate.org.au for which events you are able to help with.

- 31st August – Father's Day Breakfast – being held from 8 to 9.30am. We need helpers to cook and serve.
- 28th September – last day of term Meal Deal.
- 14th October – Belmont Bunnings BBQ – there will be 3 shifts available.

Clothing Pool Hours

Fridays	9:00 am – 9:30 am
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Canteen Roster

Thur	16/08/18	E O'Neill, P Sparke
Fri	17/08/18	No orders - counter service at lunch only T Kalemba, M Pollard
Mon	20/08/18	Closed
Tue	21/08/18	Closed
Wed	22/08/18	N Toavanua, B Sacmaroski L Maddison

Community News

EASTLAKES ATHLETICS CENTRE Inc.

Interested in athletics?
Yes, then join a fun family club this
2018-2019 Season

**Saturday morning competition starting
8th September at 8:30am**

*ALL NEW ATHLETES may come along & try for FREE before 27th October
(*New athletes only are entitled to 2 free weeks before registering!)*



REGISTRATION DAYS

(Birth Certificates required for new registrations)

Saturday 18th and 25th August, between 2pm & 4pm
Baxter Field, Findon Street, Marks Point

OR

Saturday 8th September, between 8am & 11am
(First Competition Day)

*** Early Bird Special, register & pay in full by 20th October
and only pay \$140 (after this date \$150 registration). Family discounts for 3 or
more athletes. ***

Athletes may register at the track on any Saturday morning Competition.

Ages

Under 5s Tiny Tots
Under 6s to Under 17s – Little Athletics
Under 18s – Seniors/Masters – Athletics NSW
ENQUIRIES – 0410 578 775 / 0402 544 200



Find and like us at EASTLAKES ATHLETICS CENTRE

Good for Kids good for life

RAINBOW CRUNCH&SIP®

- Feeling like you're stuck in a rut when choosing what to pack for Crunch&Sip®? Why not pack a rainbow? You could pack a different colour for each day of the week.
- Red:** Red capsicum sticks, cherry tomatoes, strawberries, red grapes.
- Orange/Yellow:** Carrot sticks, yellow capsicum sticks, oranges, mandarins, pineapple.
- Green:** Cucumber sticks, celery sticks, snow peas, green beans, kiwi fruit.
- Purple/Blue:** Red cabbage in salads, plums, blueberries.
- Brown/White:** Mushrooms, cauliflower rice, banana.



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