17 June 2014

THIS WEEK . . . WEEK 8
Tue 17/6: Session 2 of parent course, 123 Magic - 9.30-11.30am
PSSA Girls Rugby League Seven’s at Raymond Terrace (Mr Hellier)
Wed 18/6: PSSA Netball Gala Day at Charlestown
After School Sport Program for Yrs 3-6
Bike Fitness - LAST SESSION
Thu 19/6: Active After School Sport Program for K-2 - Water Sports and Games - LAST SESSION

NEXT WEEK . . . WEEK 9 – NAIDOC WEEK
Mon 23/6: Aboriginal Science Show – “Jolly Bops Science Show”
Tue 24/6: Session 3 of parent course, 123 Magic - 9.30-11.30am
NAIDOC Ceremony & Activity Day
Wed 25/6: Feed the Devil Day - SRC fundraiser for the Tasmanian Devils (Thanks, Jacob York!!)
Indigenous Sport activities 2.00pm
Thu 26/6: Videoing for the 2014 Spectacular
Fri 27/6: Semester One student reports go home
LAST DAY of Term 2

TERM 3
Dance2bFit each Friday in Term 3 – cost $27.00
Active After School Sport – Basketball for K-2 and Cricket for Yrs 3-6
Mon 14/7: School Development Day (student-free day)
Tue 15/7: All students return to school for Term 3
Wed 23/7: Whole school Athletics Carnival (weather permitting)
Thu 24/7: K-2 excursion to the Civic Theatre

Education Week (Week 3):
Galgabba Public Speaking
Soccer Gala Day
Galgabba Community of Schools Science Fair and school Open Day for parents/caregivers and friends
Thu 7/8: Aaron Blabey (author) visit
Fri 15/8: Eastlakes PSSA Zone Athletics Carnival
Thu 4/9: School Spectacular at Swansea High School
Wed 10/9 to Fri 12/9: Stage 3 Bathurst/Dubbo excursion
Thu 18/9: School performance: “Stamp out Bullying”
Fri 19/9: Last day of Term 3

Canteen is closed on Tuesdays

Dear Parents/Caregivers

Class 4/3T
For the last few weeks of this term Mr Thomas has been unwell. At this stage his doctor’s advice has been to take further sick leave until the end of this term. The teachers have been trying very hard to fill his shoes - a very hard thing to do! We have been lucky that we have had Miss Fletcher and Miss Dunbar on the class as they have kept the ‘4/3T ship’ very steady. I am very proud how the students have navigated their way through the changes and managed to keep both their behaviour and learning of a high standard.

We wish Mr Thomas a speedy recovery. Parents and caregivers will be informed if there is to be a change to this situation.

Head Lice
Parents are reporting their concerns about recent outbreaks of head lice across the school. I totally understand and sympathise with your concerns and frustrations, especially when you have treated your child only to find the ‘creepy crawlies’ have returned!!

Whilst the school does its best under the circumstances and in respect of both health regulations and privacy laws (such as sending notes home, contacting parents and conducting head lice inspections) this condition is a PARENT RESPONSIBILITY to treat just like other conditions or contagious illnesses such as the common cold or measles.

We at school rely on the total cooperation of parents and unfortunately, like at other schools, this is not always the case.

In order to eliminate head lice, parents need to regularly inspect their child’s hair and treat immediately, making sure to follow the instructions according to the medication. Natural remedies and preventative recipes are available on request, e.g. the use of the tree oil is an effective preventative remedy. My advice after more than 35 years, is to concentrate on the head and less on bedclothes, carpets and curtains. Every single egg or louse needs to be removed from the head, even after treatment, to ensure that there is no re-infestation - approximately 10% of eggs and lice may remain alive in spite of treatment.

Absence Notes
We have large numbers of students away due to illness. Absence notes must be provided to explain the absence. On return to school students need to bring a note from parents/caregivers. This note needs to include the student’s name and reasons for the absence (e.g. my daughter was away sick because she had tonsillitis). Please sign and date this letter.

Due to enrolled children’s life threatening Anaphylactic allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school with their children. These include peanut butter, Nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts.

Quality Teaching … Excellent Facilities … Enriching Programs
SPECTACULAR 2014 –
CIRCUS - HELP NEEDED
If there are any clever parents or grandparents who are willing to help make some costumes for our Spectacular your help would be greatly appreciated! Please contact the office or see Mrs Melville.
(All expenses will be paid for by the school.)
Thank you
Spectacular Committee

Canteen Roster
<table>
<thead>
<tr>
<th>Wed 18/6</th>
<th>Thu 19/6</th>
<th>Fri 20/6</th>
<th>Mon 23/6</th>
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</thead>
<tbody>
<tr>
<td>Rose</td>
<td>Judy</td>
<td>Kath</td>
<td>Michelle</td>
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<tr>
<td>Julie</td>
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<td>Nicole</td>
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We now have gluten-free nuggets available for 50c each.
Canteen is closed every Tuesday

Community Notices

Bike and Fitness
2 hour children’s bike skills session run by Nationally Qualified AustCycle and Cycling Australia Coaches
Suitable for children 7 to 12 years
When: Monday 30 June
Where: Valentine Primary School
Times: 9.00am–11.00am, 11.30am–1.30pm, 2.00pm–4.00pm
All equipment supplied. Top quality “ByK” bikes and helmets.
$15 if paid before 20 June, $20 up to the 27 June, $25 on the day.
Booking essential - call 0411 260 735
Or email damienandjenny@bigpond.com

Kids Activity Week 2014
POWER LAB
School Holiday Program - 7-11 July
9.30am to 12.30pm each day
Games, food, stories, crazy science experiments and awesome quests. Every day something new!
Register online at: www.swanseabaptistchurch.org.au/kaw
or just turn up on any day.
Cost: $6 per day, or $25 for the week
Great family discounts!
Where: 15 Strathmore Rd, Caves Beach
(in the church and gym!)

SOUTHERN BEACHES RUGBY Youth Academy
RUGBY CAMP 2014
Do you want to make friends while having fun playing sport?
Southern Beaches Rugby camp is an innovative program covering all facets of rugby union, designed to improve your rugby skills as well as maximise your enjoyment.
Rugby Camp 2014 is a specialised holiday coaching program for boys aged 5-14 and girls aged 5 – 12 years. It is a fantastic introduction for younger players and also a way for the more experienced and talented players to hone their rugby skills.
Times: 8.30 am Rego – 4.00pm finish
Where: Allan Davis Oval, Gateshead (off Willow Road)
Investment: $50 for the day (includes coaching, lunch, morning and afternoon tea)
$95 family of two children (includes coaching, lunch, morning and afternoon tea)
$115 family of three children (includes coaching, lunch, morning and afternoon tea)
Booking/s: Contact Corey Noble – cbdnoble@bigpond.com
Closing Date – Sat June 28

Cancer Council NEW

The simplest way
...to use leftovers

Need a dinner meal that is also great for lunch boxes? Try our potato frittata recipe. This family favourite can be eaten hot or cold the next day as leftovers.

Ingredients
- 250g sweet potato, sliced
- 250g potato, sliced
- 1 tsp olive oil
- 1 onion, thinly sliced
- 1 bunch baby spinach, washed and drained
- 3 eggs, lightly beaten
- 2 tsp grated Parmesan cheese
- ½ tsp nutmeg

Method
Preheat grill. Grill potato and sweet potato for 45 minutes until tender, or microwave on HIGH (100%) in a covered dish with 1 tablespoon water for 5.6 minutes, stirring after 3 minutes. Drain well. Heat oil in a non-stick frypan, add onion and cook for 2 minutes until golden. Add potato and sweet potato, toss to combine and brown. Stir in spinach and slice fries until wilted and moisture has evaporated. Mix eggs, cheese and nutmeg in a small bowl and pour into pan. Cook over low heat until set. Place under hot grill for 2 minutes to brown the top. Enjoy!!

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

Nutrition Snippet