3 September 2014

THIS WEEK . . . WEEK 8: SCHOOL SPECTACULAR
Wed 3/9: Active After School Sport, 3-6 Cricket, 3-4pm
FINAL SESSION
Thu 4/9: SCHOOL SPECTACULAR at Swansea High School (school hall) at 7pm
Children arrive at 6:30pm
Doors open for ticket holders at 6:45pm
Fri 5/9: Dance2bfit

NEXT WEEK . . . WEEK 9
Wed 10/9 to Fri 12/9: Stage 3 Bathurst/Dubbo excursion
Fri 12/9: Last day for payments for Stage 2 excursion to the Aussie Bush Camp (Term 4, Week 2, 13-15 October)
Dance2bfit

WEEK 10
Wed 17/9: Kinder 2015 Orientation Day - this is the first session with three more in Term 4
Thu 18/9: School performance: “Stamp out Bullying” at 2.00pm - Cost is $5.00
Fri 19/9: Dance2bfit
Last day of Term 3

TERM FOUR
WEEK 1
Mon 6/10: Labour Day - Public Holiday
Tues 7/10: All students K-6 return for Term 4
Wed 8/10 to Fri 10/10: Raw Art Workshops
Fri 10/10: Dance2B fit (Make up day from Term 3)

WEEK 2
Mon 13/10-15/10: Stage 2 Great Aussie Bush Camp
Wed 15/10: P&C meeting at 9:15am

Canteen is closed on Tuesdays

Dear Parents/Caregivers

This is a great week for Swansea Public School. There is high excitement in the air as we get ready and make our final preparations for Thursday night’s performance of our Spectacular - “Circus”. I look forward to catching up with you all at Swansea High School where we will stage our Spectacular.

FOR SALE
One table tennis table of excellent quality.
Never been used, still in the box. $150.
Please contact the school.

Father’s Day Stall

We will hold another Father's Day Stall on Friday 5 September, for those students who missed out today.
All gifts range between $1.00 - $10.00. One gift per student and if there are any gifts left over the stall will be re-opened at recess.
The gifts this year are fantastic and the students will have lots of fun choosing the perfect gift for Father's Day.

Head Lice Recipe - no nasty chemicals
Try this one!

Ingredients:
Coconut oil and apple cider vinegar
(Combing oil dissolves the lice’s outer skeletal shell instantly)

Method:
1. Apply coconut oil thoroughly to the hair then rinse with vinegar.
2. Add a second rinse with vinegar and comb through again with a nit comb. Repeat as necessary.
This is safe enough to use for you and other members of the family who haven’t yet shown signs of the little critters.

Enrol Now for Kindy 2015
It’s that time of the year when we ask that parents begin the enrolment process for 2015 Kindergarten. Students must turn 5 before the 31 July 2015 to be eligible for enrolment and parents need to provide birth certificate, immunisation and proof of residency details. Please come to the school Office and we will help you enrol your child for 2015 at Swansea Public School.

Champion Class - KN
Class Champions – Week 7, Term 3
KN - Allissa Ebersold 1/KB - James Atkins
1T - Cooper McLean 2A - Jessica Adams
2/1P - Taliesha Lovett

Badalya Hut

Canteen Roster

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<thead>
<tr>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>Rose</td>
<td>4/9</td>
<td>Sophia</td>
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<tr>
<td>VANCANT - NEED VOLUNTEERS</td>
<td>Mon 8/9</td>
<td>Judy Clay</td>
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Canteen is closed every Tuesday

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
Community Notice
To the Marks Point Community, Can you help?
Colin, our local Post Office/Cafe/Games & puzzle shop owner has recently been crowned the Australian Champion of a medieval board game called “Carassonne” which is a game played worldwide. With the honour of being Australian Champion, Colin has been invited to represent Australia and compete in Germany to hopefully become the world champion. For Colin, this is a once in a lifetime opportunity.
The Marks Point community is organising a family fun benefit for Colin with games, raffle and chance night on Saturday 13th September at Marks Point Sports (Bowling) Club commencing at 6pm with Marks Point local and live musician “Lobsterface”. We are asking for your help to get Colin to Germany for the championships. Are you crafty? Can you knit? Can you paint? Anything and everything you can donate for raffle prizes will be gladly accepted. Help out Marks Point on the map by sponsoring Colin, proceeds from the prizes will go towards costs for the trip. Donations can be dropped off at Marks Point Newsagency, Hairdressers or Sports club.
A family night for all to enjoy. Let the children know about the joy of games and puzzles.

ACCOUNTING BOOKKEEPER
BOOKS BAS & TAX
will sort your:
- debtor and creditor accounts,
- invoicing, bank reconciliations,
- IAS/BAS preparation and lodgement
- and chase up debtors
MYOB, QUICKBOOKS, EXCEL, WORD
Weekly, fortnightly or monthly
Great rates – fully insured
Registered BAS Agent
Local references available
Ph: Kate Sinclair on 0418 612 806

The simplest way
...to manage fussy eating

Here are some of our top tips for dealing with fussy eaters:
Stay positive and don’t react: when your child refuses to eat, respond calmly, so they don’t get attention for behaving badly.
Keep on serving it: research shows kids need to be given a new food an average of eight times before they will accept it.
Eat as a family at the table: turn off the telly, and eat together – this will help improve the whole family’s eating habits.

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

The simplest way
...to food shop on a budget

Here are our five top tips to save money while shopping for your fruit and veg.

1. Create a weekly menu plan
2. Write a shopping list based on menu plan
3. Compare prices using ‘unit pricing’ (per kilo/100grams) if available
4. Buy fruit and vegetables that are in season, or pick the canned/frozen option if cheaper (and just swap them)
5. Limit your purchases of processed pre-prepared snacks/meals

Nutrition Snippet
For more information visit
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