



Kirkton Public School

Newsletter

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Week 9 Term 3 2013

Our New School Uniforms will be available for sizing and ordering first week next term.

Premiers Spelling Bee



Tomorrow, Friday 13th September at King Street Public School, Asha and James will be representing our school in the Junior Level of the Regional Spelling Bee and Tayla and Nicole will be representing us in the Senior Level.

We wish you all the best—Good Luck!

Contacting the School

The staff of our school is happy to help with any enquiries or concerns you may have. To ensure that you receive sufficient time in which to raise all issues and have them dealt with satisfactorily, it is best to make an appointment with the staff member to whom you wish to speak. This also ensures that your child's class time is not interrupted.

Crunch&Sip®

This is and has been an excellent program which not only emphasises healthy eating habits but also fuels and energises the students for a more concentrated engagement in their learning. Most students are excellent in this program as they bring in a piece of fruit or veg plus their water bottles each day. We do thank the parents for supporting this at home. There will always be a greater chance of developing positive habits if the message is reinforced at home.

Although fruit and veg are supplied in the Crunch 'n' Sip session it seems to be dwindling in recess and lunch breaks and being replaced with packeted processed foods. Most meals should include fruit and/or veg. A great idea would only be to give processed foods as a treat rather than a major part of the meal. The better the nutrition, the greater the benefit for the student.

CANTEEN WILL NOT OPERATE TOMORROW

FLORA

FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

We are now accepting enrolments for 2014



Singleton Show - Small Schools Display

The Singleton Small Schools will be banding together to provide a stall at Singleton Show this year. We will be in need of volunteers to help man the display throughout the two days/nights. If you are able to assist for an hour or so over the weekend of 27th/28th September, please contact the school.

Parent/Carer helpers entry fee will be reimbursed Please complete slip at the end of this newsletter to let us know if you are able to volunteer.



Before and After School Care

We recently sent home a Parent/Carer Survey asking if our parents would be interested in a Before and After School Program at Kirkton Public School.

If you are interested, please return the survey so this program can be considered. Surveys forms are also available from the office.

We're in need of a "Library Fairy"!

We have library books that require covering. If you have some spare time and are able to help out, please contact the office.



Presentation Night



This year's Presentation Night and visit from Santa will be held on

Friday, 6th December.
Commencing at 6:00pm



K/1 & Yrs 1/2/3/4

P&C News

- We are now **not** holding a raffle at the Local Government Election. Thank you to the parents who brought in donations—these will now be kept for the Christmas Raffle.
- Our fundraisers to date have been;

McDonalds Fun Night = \$137.70

Fathers Day Stall = 137.00

Pie Drive = \$501.50

Cake Stall = \$381.80



For all your help & donations!

- We are currently fund raising for a changeable sign to be erected at the front of our school. The cost for this sign is \$8,455.
- The next P&C meeting has been re-scheduled for Wednesday 18th September 6.30pm

Kirkton Sustainability Group for Kirkton Public School is still selling raffle tickets \$2.00 each. Tickets are available school office.

Raffle prize is a DRIZA-BONE.

TALENT QUEST

Thursday 19th
September
2:00pm.

Students can
register their act
and pay a
\$1 entry fee to
the office.

Mufti Day



Thursday
19th September

Gold coin
donation
please



Nutrition Snippet

The simplest way

... to use Beetroot!

Most of us know that beetroot comes out of a can, but did you know that beetroot can be eaten raw, roasted or barbequed, you could even turn it into a soup?



Beetroot is a root vegetable high in fibre and folate. Kids often love the veg in the form of a dip – so here's an easy idea for you to try at home.

- 425g can beetroot slices, drained or one whole, fresh beetroot.
- 1 teaspoon ground cumin
- 1 tablespoon finely chopped fresh dill sprigs
- 1/3 cup plain yoghurt

If using a fresh beet – peel, cut into small pieces, then roast at 180deg until soft. Then add beetroot to a blender with the rest of the ingredients and pulse until blended together!

Serve on toast or with veggie sticks – yummo!

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



Dates for the diary

TERM 3

Friday 13th September

Regional Spelling Bee
Assembly hosted by Yrs K/1

Thursday 19th September

Talk Like A Pirate Day—K/1 & Yrs 1/2/3/4
Year 6 Talent Quest
Mufti Day

Friday 20th September

Last day—Term 3

TERM 4

Tuesday 8th October

Staff and **STUDENTS** return to school

Thursday 24th October

Kindergarten 2014 Orientation & Parent Information Morning

Thursday 31st October

Kindergarten 2014 Orientation Morning

Monday 4th November—Wednesday 6th November

Great Aussie Bush Camp—Yrs 4-6

Friday 8th November

Swimming for Sport— All Students—Branxton Pool

Monday 11th November—Friday 15th November

Intensive Swim Program— All Students—Singleton Gym & Swim

Monday 18th November—Friday 22nd November

Intensive Swim Program— All Students—Singleton Gym & Swim

Friday 29th November

Swimming for Sport— All Students—Branxton Pool

Thursday 28th November

Kindergarten 2014 Orientation Morning

Friday 6th December

Swimming for Sport— All Students—Branxton Pool
Presentation Night—Commencing 6:00pm

Friday 13th December

Swimming for Sport— All Students—Branxton Pool

Tuesday 17th December

Pool Party— All Students—Branxton Pool

Wednesday 18 December

Last Day—Term 4



BRANXTON GRETA AMATEUR SWIM CLUB

Redbacks



**Come & join the
Branxton-Greta
"Redbacks"!**

Branxton-Greta Amateur Swim Club offers various levels of squad training as well as fun Friday night & inter-club racing.
The training fee includes 16 weeks of squad training.
You can train one night or two, it's up to you!
Swimming is an affordable sport and a great way to meet new friends.

REGISTRATION IS NOW FULLY ONLINE!

Go to www.branxtongreta.nswswimming.com.au
or find us on facebook 
All new members will be assessed on Tuesday 8th October (3.45 - 5.45pm)
and squad training will commence for all members on Friday 11th October.

Squad Training Days and Times 2013-2014 Season

	Tuesday	Friday	Friday
3.45pm - 4.15pm	Mini Squad	Mini Squad	6pm - 8pm Race Night
4.15pm - 5.00pm	Intermediate Squad	Intermediate Squad	
5pm - 5.45pm	Senior Squad	Senior Squad	

Squad Training Fees 2013-2014 Season

	Training, Race Night & Swimming NSW Fee	Race Night & Swimming NSW Fee Only
Splashers	No charge - pool entry cost only	
1st Child	\$180	\$80
2nd Child	\$170	\$70
3rd Child	\$160	\$60

For families wishing to enrol more than 3 children please contact Club president regarding prices.

In addition to above squad fees, swimmers must also pay pool entry.

Cessnock Council Pool Entry Fees are as follows

Casual Rates: Family: \$10 Adult: \$4.00 Spectator: \$2.00
Season Rates: Family: \$325.00 Couple: \$252.00 Single: \$180.00
3 Monthly Rates: Family: \$170.00 Couple: \$131.00 Single: \$94.50

For details on
Squad Levels
see back

Further Enquiries Phone: 0427 193 549
or go to www.branxtongreta.nswswimming.com.au
or find us on facebook 

Branxton Greta Amateur Swim Club Squad Levels

SPLASHERS	Caters for 3-5 year olds. "Splashers" only swim 1 race each Friday night = 25m freestyle/dog paddle. Floaties can be worn and a senior swimmer is in the lane at all times. NO COST for Splashers.
MINI SQUAD	This level caters for swimmers who have graduated from learn to swim or been assessed by the head coach as suitable for this level. Mini squad will: Improve basic stroke technique, improve kicking ability in each stroke, introduce racing starts and short sprints, and learn lane etiquette.
INTERMEDIATE	This level is designed for swimmers who have learnt the basics of squad training and the basic movements in all four strokes. The swimmers will refine the movements and the coordination of all four strokes. The coach aims to develop the swimmers attitude, technique and training patterns for future squads. It also continues to teach the swimmers competitive racing skills.
ADVANCED SQUAD	This level improves fitness and focuses on strong competitive performances and technique. This squad aims for its swimmers to pursue competitive school & inter-club swimming at the highest possible level.


under the stars

**Keep the date open - Saturday
26th October!**

**This is an exciting
opportunity for our
community and those from
the wider community to
experience a fabulous, low
key family night.**

*More details in next week's
newsletter.*

PLAYERS INTERESTED IN TRIALING FOR SINGLETON REP TOUCH 2013/2014 SEASON

Representative Teams Selection Information

Selections Date:

Sunday 27th October 2013 at Civic Park, Singleton

9.45am Under 10's (Born 2005 or 2004)
Under 12's (Born 2003 or 2002)

10.45am Under 14's (Born 2001 or 2000)
Under 16's (Born 1999 or 1998)

11.45am Under 18's (Born 1997 or 1996)

A panel will select a team of up to 14 players from each age group.
Under 10s will be 12 players selected.

Information for Players

The teams will attend 2 carnivals and then attend the Junior State Cup in Port Macquarie.

December 2013	Central Coast Junior Touch Championships at Ourimbah
February 2014	Hunter Hornets Peter Wilson Memorial Championships at Nelson Bay

February 2014 Junior State Cup in Port Macquarie.

Team Training Sessions: Will be advised by individual team coaches.

Costs

The levy will be \$180 per player.
This covers purchase of your playing uniform, , tournament entry fees and referees.
Also food at 2 carnivals and powerade.

Accommodation at Wollongong and Nelson Bay will need to be organised by players/parents.

On selection into a team a **non-refundable deposit** of \$100 will be required to be paid by 10th November.
Or selected players position will be given to someone else.

All enquiries may be directed to either the Representative Convenor Mick Carroll on 0458 013 294 or Melissa Matthews 0429914349. You can also email us at singletonreptouch@hotmail.com

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Singleton Show—Small Schools Display

I am available to help man the Small Schools Display at the Singleton Show on;

Saturday 28th September—Day/Night

Sunday 29th September—Day

Name: _____



School Holiday Fun @ The Hunter Wetlands

Attention: For distribution to schools and child care centres

Your assistance in promoting this fun and enjoyable holiday program is appreciated

What: School Holiday Activities
When: September/ October School Holidays

Monday 23rd and 30th *Art Day* 7 – 12yrs
Explore textures, shapes, colours in nature and create your own mini canvass

Tuesday 24th Sept and 1st Oct *Photography Day* 8 – 14yrs
Learn basic photography skills with own camera. Enter our Wetlands Photo Comp

Wednesday 25th Sept and 2nd *Bugs & Minibeasts* 5 – 8yrs
Play some games, go exploring for materials and create your own minibeast
Bush Skills Adventure Day 7 – 12yrs
Lots of fun activities; build a shelter, learn some knotting skills, make a damper

Thursday 3rd Oct *Bike Safari*
Bring your bike and your helmet; learn some basic maintenance, explore the site with our guide and try your skill with our obstacle course.

Thursday 26th and 3rd Oct *Wacky Wetlander Guided Tour* – a tour for families of the wetlands. 10.30am – 12pm. \$10 kids/ \$5 adults

Time: All programs run from 9am – 12.30pm except Wacky Wetlander Tour (10.30am-12pm)

Cost: All programs are \$25/ head except for Wacky Tour

Where: Hunter Wetlands Centre, off the roundabout, 412 Sandgate Road, Shortland.

Bookings Essential Ph: 4951 6466

Tantrum Theatre comes to the Hunter Wetlands Centre.

4 x day Drama workshop 8 – 13yrs

Monday 30th – Thursday 3rd 10am – 3pm

Join Tantrum Theatre at the wetlands these holidays – make new friends, play games, learn drama skills, get to know the local wildlife and create and perform in your very own show!

\$130 for the 4 days. Go to www.tantrumtheatre.org.au to register and book your place

Wonderful Wetlands Photography Competition

Explore the site and snap what you see, be still and see what creatures you can capture on film.

Download an entry form for our Photo competition, enter your photo taken in the wetlands

before the 23rd November and win some amazing prizes. See your photo in our exhibition over the summer holidays. www.wetlands.org.au