



Kirkton Public School

Newsletter

797 Standen Drive

Lower Belford NSW 2335

t: 02 6574 7152 f: 02 6574 7227

e: Kirkton-p.school@det.nsw.edu.au

w: www.kirkton-p.school.nsw.edu.au

Week 2 Term 1 2014

Swimming Carnival - Friday 7th February

Our Singleton Small Schools Swimming Carnival will be held this Friday (tomorrow) at Singleton Pool.



- Please be at the pool by 9.00 am for a 9.30 start.
- Our school will gather in the grandstand and each child will receive a sun-shirt from a teacher and have their age marked on their hand. Children will need school hats and will have sunscreen available throughout the day. They must wear a sun-shirt at all times, even when not competing.

COST: \$2.80 entry fee per pupil (pay at pool)

\$2.00 entry fee for spectators - all family members are to pay spectator fee.

- Transport will be private means.
- Canteen facilities are available. **Please see Price list and ordering information with this newsletter.**
- If your child is not actually participating in an event (novelty or formal) at a particular time they must remain in the grandstand. This is to meet our supervision responsibility agreement with the pool management.
- The carnival will conclude at approximately 2.30pm.
- **Please see Program of Events with this newsletter.**

We need to man the lanes for timing for one hour: 10.30 am to 11.30 am. We will need 8 parents to act as timekeepers (if all lanes are used) for this hour.

VOLUNTEERS NEEDED FOR TIMING

Good luck everyone!

Our School will be closed on Friday 7th February due to the Swimming Carnival

FLORA

FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

Refurbishments

The refurbishments to our student toilet block and the windows of the Yr. 4/5/6 classroom (and kitchen) have now been completed. Members from the DET Assets Management department were here yesterday to inspect and 'sign off' on the job. They were rather impressed.

The toilets are now very airy and bright with lots of natural light filtering through. (photos) Also, we have had a new septic tank installed and this will be fully connected and working by next week. Hopefully our playground will be fully functioning soon after.

As our school has a number of older buildings there is a continuous call on maintenance needs. To do large projects we depend on gaining grants, departmental priorities or money raising ventures. We continue to 'chip away' to improve the school facilities for our school community.



KidsMatter

This is a flexible, whole-school approach to improving children's mental health and wellbeing. It can be tailored to schools' local needs.

Through KidsMatter, schools undertake a two-to three-year cyclical process in which they plan and take action to be a positive community; one that is founded on respectful relationships and a sense of belonging and inclusion, and that promotes:

- social and emotional learning (including evidence-based social and emotional learning programs)
- working authentically with parents, carers and families
- support for students who may be experiencing mental health difficulties.

As a national initiative, KidsMatter, through its national and state and territory teams, provides a range of resources and support to all interested primary schools. These are provided free of charge. KidsMatter is funded by the Commonwealth Department of Health.

A letter has been attached seeking volunteers to join our school action team which will comprise staff and three members of the community. The action team will oversee and promote the initiative throughout our school community.

An information day will be held on Monday 24th February in Newcastle to orient all with this initiative.

A further training day for facilitators will follow on Wednesday 26th. Please consider the attached letter and if interested send in the accompanying slip.

Song Room

Yesterday was our first day of the; Song Room' program. This is a fabulous program where highly skilled tutors guide our students (and staff) through skill development, concepts and appreciation of the arts.

Our mentor is Miss Charissa Ferguson, who has already demonstrated her great skills not only in music but in her ability to enthuse and encourage the students. This program will continue through the year on Wednesday.



Cattle Judging

Our Cattle Judging team has its first 'hit out' at Maitland Show on Friday 14th February.



Many have not been involved previously so we will be busy developing their knowledge and understandings of what will be needed in this activity.

At present our team consists of - Nicole Searles, Isabella Farrelly, James Standen, Brock Burgess, Jago Lambert, Codey O'Connell and Murray Quigley.

Good luck to all.

Student Council

The voting across the school for student council representatives has now been completed (2 representatives from each 'class' + School Captains).

I would like to congratulate Max Spiteri, Joslyn Bard, Jago Lambert, Macey Howlett, Jorja Burgess, Brody Elderton + Captains Isabella Farrelly and Nicole Searles for making up this initial Student Council.

Our first meeting will be held next week.

Change in Library Borrowing Days

Tuesday: **Mrs Walter's Class K-1**
Tuesday: **Mrs Loss's Class 1/2/3**
Thursday: **Mr Douglas's Class 4/5/6**

Parental Assistance required in
classrooms

See attached request form

Metal Shelving

We have a variety of metal brackets and shelving at the school from the old library. We no longer have a use for them.

If you would like them please contact the office.

Apple Slinky Days' - every Wednesday. Healthy foods = healthy bodies and minds = improved concentration and learning.



Swimming Carnival Tomorrow

FLORA

FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

Supervision Hours

Supervision of students commences at 9:00am. Students should not arrive at school before this time unless they travel on the bus. Those students who travel on the bus are required to sit on the seats in front of the library until the 9:00am bell is rung.

The afternoon bell rings at 3:30pm. Please collect your child/children as soon as possible once they have been dismissed. Students who travel home on the bus are asked to sit quietly on the seats on the veranda of the administration building until the bus arrives.

There is no playground supervision after 3:30pm.

Students are NOT permitted to play on the play equipment after 3:30pm.

Crunch 'n' Sip



Crunch 'n' Sip is a set break to eat fruit, salad vegetables and drink water in the classroom. Suggested foods are fruit, carrot, celery sticks, cheese cubes etc. Please

do not send processed food for Crunch 'n' sip. Thank you.

**UNIFORM SHOP
OPEN
EVERY TUESDAY
FROM
2:30PM TO 3:30PM**



Permission Notes

From time to time our students have the opportunity to participate in activities that have been approved by the Principal.

Permission notes are sent home for these activities and **MUST** be returned to school signed by a parent before your child/children can participate in any activity. These Permission Notes are printed on **blue** paper and usually come home with a newsletter.

Parents please check your children's bags for Permission Notes etc.

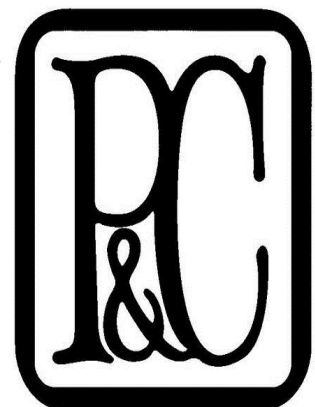
Notice of P & C AGM

Our 2013 P&C AGM will be held on **Tuesday, 11th February** at **7:00pm**.

All positions will be declared vacant. Looking forward to seeing everyone there!

Our first P&C meeting for 2013 will follow the AGM.

Our meetings are held in the school office building. All parents and caregivers and interested family and community members are more than welcome to attend our P&C meetings.



Dates for the diary

7/2/14	Small School's Swimming Carnival
11/2/14	Let's Chat Habitat P&C AGM—7:00pm
14/2/14	Swimming for Sport All students
21/2/14	Swimming for Sport All students
28/2/14	Swimming for Sport All students
7/3/14	Swimming for Sport All students
12/3/14	Young Teen Talk Year 6 only
14/3/14	Swimming for Sport All students
21/3/14	Swimming for Sport All students
28/3/14	Swimming for Sport All students
8/4/14	School Photo Day

Keeping lunches cold

Just a reminder that all students have access to a refrigerator outside the computer lab to use for their lunches and drinks. With the recent hot weather its important to keep food cold and remind students to keep hydrated. Please label all items as it can get confusing for students at break times.

Tissues

Would all students please bring a box of tissues to be kept in their classroom, if they haven't already done so.

Thank you

School Hat Policy

All students should wear their school hat at school. Our school adopts the policy "No Hat—No Play".

Parents/Carers please remind students to check and make sure they have their hat when leaving for school in the morning.

Greta Branxton Soccer registrations are now being taken.

Please go to : <http://www.gretabranxtonfc.com/> where you can find all of the clubs information, pricing and registration links.

Registration must be completed online this year (no extra paperwork is needed) , with online credit card payment or pay at your club options available.

If full registration and payment are made online we don't need to see you until meet the coach day on the 19th March.

This years fees:

5-7yrs - \$75

8-11yrs -\$100

12 to 17yrs - \$165

Adults -\$210 (+ \$5/week match fees)

For further information please check the website or contact:

Lauren

Greta Branxton Registrar

Ph:0428773002

The simplest way

to increase your vegies

Eat vegetables throughout the day

It's hard to get all your vegies at dinner. Try vegie sticks with low-fat dip like guacamole or salsa, or vegie pancakes

- mix creamed corn, grated zucchini or carrot into pikelet batter before cooking.



Decrease the meat in your meals and add more vegetables

For a family of four all you need is 400g of lean meat, fish or poultry per meal. Top up with lots of extra veg.

Hint: chickpeas, lentils and beans are rich in protein and will help curb big appetites!

Add vegetables to all your meals

Meals that are easy to add extra veg to are casseroles, stir-fries, pizzas, even the humble omelette!

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

Eat It To
Beat It 