



# Kirkton Public School

## Newsletter

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Term 2, Week 8

Achieve With Pride

19th June 2014

### Small Schools Athletics Carnival

On a chilly start to Friday 13th June the five small schools joined together at Alroy Oval to compete at the Annual Small Schools Athletics Carnival. All students from kindergarten to year six were kept busy both on the track and with the field events. All students participated in a variety of events including Age Races, Skipping Races and Long Jump. For the skilled competitors, their strength and endurance was tested in events such as High jump, Discus, Shot Put, the 800 metre race. There was an exciting climax to the end of the carnival as the school team events were highly contested through Relays, Captain Ball and Tunnel Ball.

A very big thank you to our students, parents, grandparents and friends for representing our school at the Carnival. Thank you also to James for all the fabulous photos and our wonderful Kirkton P&C for all your efforts in running the canteen on the day.

Congratulations and well done to all!

Congratulations to Mt Pleasant Public School for being overall winners of the carnival.

Results from the carnival are as follows;

Juvenile Boy Champion , **Colby Howden**, Junior Boy Champion Runner—up **Blaik Schmidhauser**, 11yr Girl Champion Runner-up, **Isabella Farrelly**, 11Yr Boy Champion **Murray Quigley**



# Check out our website for more photos

FLORA

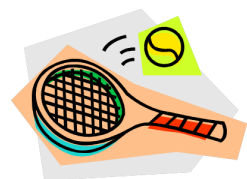
FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

## ZONE ATHLETICS CARNIVAL

Congratulations to Colby, Jordan, Darcy L, Jago, Asha, Lauren, Isabella, Blaik, Murray, and Nicole who will represent our school and be part of the Singleton Small Schools Athletics Team at the Zone Athletics Carnival, held at Alroy Oval, Singleton Heights on Friday 1st August next term.



## Tennis



Our tennis program begins next term. This program will run on a Friday for five weeks and is conducted by

the Hunter Tennis Academy .

Don't forget to check our School Website

[www.kirkton-p.schools.nsw.edu.au](http://www.kirkton-p.schools.nsw.edu.au)

There is an abundance of information available such as Newsletters, a school calendar, permission notes, photos, P&C information and more!

## WANTED

Please collect the empty cardboard rolls from glad wrap / alfoil packages. These are required to make items for our Market Stall. They can be brought in to the School Office for collection. Please note the shorter cardboard rolls such as toilet rolls are not acceptable.



**Apple Slinky Day  
every Wednesday**



## Calendar of Events

### June 20th

- Pie Drive delivery date

### June 27th

- Assembly - Yrs K - 1
- Last day—Term 2

### July 14th

- Staff Development Day

### July 15th

- Students return for Term 3

### July 18th

- Tennis Program

### July 22nd

- NAIDOC Day

### July 29th

- ICAS English
- Musica Viva

### August 1st

- Zone Athletics Carnival
- Jeans for Genes Day

### August 5th

- Life Ed

## CANTEEN PLACE YOUR ORDER TOMORROW FOR A YUMMY LUNCH



## Some Little Reminders

- ◇ Pie Drive Orders return to tomorrow
- ◇ Years 4/5/6 Canberra Payments
- ◇ NAIDOC Day Permission Notes

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FRIENDSHIP LEARNING OPPORTUNITY RESPECT ACHIEVEMENT

## Kirkton Public School P&C News

**Next meeting: Tuesday 12<sup>th</sup> August @ 6.30pm**

## Upcoming Events



### Majestic Cinema Movie Tickets

We are currently selling bargain priced movie tickets. Tickets are \$9 each. They are valid from now til June 2015 and can be used for adults and children. Full priced tickets are \$16 for adults and \$12.50 for children so this is a great saving. Please return the attached order form with payment to receive your tickets. Get in quick!!!



**June 20**  
Pie drive delivery  
Canteen

**June 27**  
Canteen

**August 12**  
P&C meeting

### Minutes and Agenda

P&C minutes can be found on the school website.

Agenda items can be placed in the P&C box in the office or alternatively emailed to:  
[carmo2228@yahoo.com.au](mailto:carmo2228@yahoo.com.au)

The agenda will go home in the newsletter prior to each meeting.

**Pie Drive**  
*Delivery is  
tomorrow!!!!*

**Thank you to everyone that helped with the  
Athletics Carnival Canteen 😊😊😊**

**Don't forget  
canteen  
tomorrow.**

**Uniform Shop  
open  
Tuesday's  
2.30-3.30pm**



# Kirkton P&C bring you:

DISCOUNTED  
MAJESTIC CINEMA  
MOVIE TICKETS

## \$9.00 each

### Available NOW!!!!



Can be used for adults and children.

Tickets are valid til June 2015

Can be used at any sessions.

\$2 extra applies to 3D movies.

Full price tickets are \$16.00 adult and \$12.50 child. Great saving!!!!

Please return the slip below with your payment to receive your tickets.

**Coming soon:**



**Tinkerbell: The Pirate Fairy**



**Rio 2**

Name \_\_\_\_\_

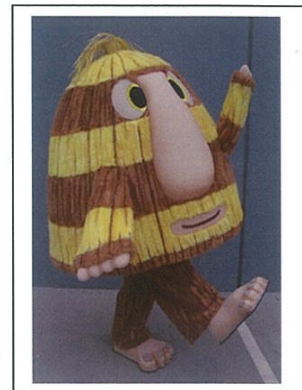
Number of tickets required \_\_\_\_\_ @ \$9.00 each.

Total enclosed \$ \_\_\_\_\_

# 'Greet Grug at Morpeth'

Book Signing with Ted Prior  
Author/Illustrator of

Australian Children's Book series 'Grug'.



**Saturday 28<sup>th</sup> & Sunday 29<sup>th</sup> June 2014.**

**Morpeth Gallery, 5 Green St, Morpeth, NSW 2321.**

**Free Entry. Ted signing books from**

**11am - 1pm & 2pm - 3pm.**

Book Signing Offer: Spend \$20 on Grug Books & receive a \$5 Grug Book Free!



Nutrition Snippet

## The simplest way

...to use legumes

Did you know that legumes are classified as a vegetable?

Legumes include: **baked beans, kidney beans, lentils, chickpeas, cannellini beans and split peas.**

They're high in protein, fibre, B-group vitamins, calcium, iron, phosphorus, zinc, magnesium, folate and anti-oxidants.

*Basically, they are really good for you!*

Besides their nutritional value, the great thing about legumes is that they're very cheap, readily available and easy to use.

Chickpeas make a great addition to casseroles, soups and pasta sauces. Add lentils or kidney beans to minced meat in bolognese, chilli con carne and nachos. Hummus (pureed chickpeas) makes a healthy snack in a lunch box. Or simply serve baked beans on toast that even the fussiest eater will love!



For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

**Eat It To Beat It** 





# Small School's Athletics Carnival 2014

