



Growing *Stronger* and *Smarter* every day.

Find us at Bell Street, Speers Point

www.speerspt-p.schools.nsw.edu.au

21st May 2013

Principal , Chris Payne

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Principal's Message

Getting to School On Time

Last year we were successful in raising our school attendance from 92% to almost 95%. That means that on average all students attended 95% of school days, which is well above the Department's mandatory 85%.

But what has become a concern is the amount of students who are arriving 5, 10 or even 15 minutes late each day. By missing this much time, this equates to nearly 7 days of missed learning across the year.

Later this week the school will have a visit from our Home School Liaison Officer (it's a fancy name for what we use to know as the Truancy Officer) who I will be talking to about improving late arrivals. Also look into this newsletter a little deeper where I have included some tips on making sure students arrive to school on time.

We have begun to implement some fantastic new literacy programs in the infants classes yet some students are missing the critical instruction phase of the lesson by being late! This is something we need to improve so our students have the best opportunities in their learning.

Thank you

Recently we held our morning breakfast to honour the mums for Mother's Day. It was wonderful to see so many mums come up in the chilly morning and enjoy their bacon and egg rolls and their coffee with us.

The COLA area was beautifully set and the breakfast organised, which was largely thanks to our great SLSOs, Mrs Reid, Mrs Pateman and Mrs Butler. I would really like to acknowledge the fantastic contribution they make across our school and the hard work they put in to benefit all students. Our school is a much richer place to have staff like these wonderful ladies.

Wrap Up

NAPLAN testing has finished for another year, well done to all students who sat the battery of tests. Please don't forget we have a P&C meeting tonight at 6:30pm in the hall (which is heated!)

Chris Payne
Principal

Upcoming Events

<i>Date</i>	<i>Event</i>
Tue 21st May	P&C Meeting, 6.30pm
Wed 22nd	Book Fair
Thu 23rd	Book Fair
Mon 27th	Reconciliation Week
Tue 28th	UNSW Maths Test
Fri 31st	Premiers Sporting Challenge
Tue 4th June	Special Ed Olympics
Wed 5th	UNSW Science
Mon 10th	Queen's Birthday, Public Holiday

Jacaranda News!

Jacaranda has been very busy investigating healthy choices and looking at ways to give our bodies lots of energy to grow up strong and healthy. Our class have also been practising our ball skills in PE. We are learning to trap the ball with our feet and dribble short distances. We enjoy displaying our newly acquired skills in a daily game of soccer with Cedar, Banksia and the teachers, which usually results in the teachers becoming far more worn out than the students.

Daina Hissey

Birthdays

Wishing the following student a very Happy Birthday!

Sam A 22nd May
Sydney D 22nd



Mother's Day

We had such a wonderful morning breakfast the Friday before Mother's Day as mums (and even some dads) came for the coffee, the bacon and eggs rolls and the beautiful morning.



Thank you to our P&C, staff and in particular our sensational SLSOs, Mrs Butler, Mrs Reid and Mrs Pateman for organising the truly memorable morning.

Tips for Getting to School on Time

Some of Mr Payne's tips for getting kids to school on time include:

- Hide the remote controls when you go to bed – TV can be so distracting in the morning.
- Set the children's alarm clock on the other side of the room – they'll have to get up for it then.
- Organise uniforms (and even lunches) the night before – it saves the 8:55 "Where's my socks" game
- Don't get caught in the argument trap – it's a lot harder for a child to argue about school when you're not in the room.
- Set the routine!
- Be the model for your children
- Good moods are infectious – smile and whistle (just not the Darth Vader theme song)

Reminder

Please have your payments for Sport in Schools in by Monday as your child may miss out on this great sporting activity.

P&C News

A big thank you to the Newcastle City Farmers Markets for allowing our school to set up a Mother's Day stall at such short notice. Don't forget to support these Markets held at Speers Point Park on the 2nd & 4th Saturday of every month.

Another big thank you to CES, Brown Sugar, Toscano, King Street Depot, Utopia, Cez & Lurleen Brownlow and Passion Hair and Beauty for their amazing generosity in providing gifts to our school to help raise money for our raffles. We really appreciated their support. Thank you to all our wonderful helpers that made the Mother's Day breakfast so special. The breakfast was fantastic and very memorable for all our grandmothers, mum's and carers.

Our raffle was also great and we had so many helpers on our Mother's Day Stall. It all came together nicely for a great day.

We are now selling our Entertainment Books (located in the office) at a cost of \$60. Please have correct money when paying.

Canteen Roster

Date	Volunteer
Wed 22 nd May	Chantelle & Merrick
Thu 23 rd	Merrick
Fri 24 th	Kara, Merrick & Alieta
Mon 27 th	Melissa A, Simone M & Merrick
Tue 28 th	Chelle C, Gay, Leigh & Casey
Wed 29 th	Merrick & Chantelle
Thu 30 th	Merrick & Kerrie Ann
Fri 31 st	Michelle D & Merrick

Community Information

Lake Macquarie Rugby Union Holiday Program

The Holiday Program is a Rugby Skills Clinic catering for new & current players wishing to improve their game and prepare for the season ahead. The camp includes specific Rugby programs catering for players of differing ages and ability and is for boys and girls aged 5-14 years. Players will be coached by highly qualified

former Queensland Reds Development Manager and Senior Lake Macquarie Roos players.

Aim: To improve individual skills and fitness to participate in rugby.

Skills covered: The on-field sessions will cover the key skills area of catch and pass, evasion, contact tackle, ruck and maul, and physical preparation for Rugby. The program will be fun and rewarding with a commitment to quality coaching outcomes. During each day, players will be put into their age groups and Rugby Union games will be played, with U7s playing Walla Rugby.

When Wednesday 10th July and Thursday 11th July.

Where Lake Reserve Road Speers Point NSW

Time Drop off at 8.30am and pick up at 3pm

Cost \$40 for 1 day and \$60 for 2 days per child. Family 2 Children \$80 for 1 day, \$110 for 2 days. Family 3 Children \$100 1 days, \$125 2 days.

Please email Ryan Dunnett on kiwi9coach@yahoo.co.nz to book a spot and for more information. All players need to bring lunch, water bottle, mouthguard and appropriate clothing. ARU Giveaways will be given out and each participate will have the chance to win spot Rugby prizes.



WE'RE TAKING IT IN OUR STRIDE ON FRIDAY, 24 MAY 2013

Well it's that time of year again when our school seriously starts talking about walking!

Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get around. And although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus or train, walk past your usual stop and get on at the next stop

- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Regular exercise like walking with your child not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes. It also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

Remember, Active Kids are Healthy Kids so get planning your own Walk Safely to School Day journey for Friday 24 May 2013!

For more information, visit www.walk.com.au

Lake Macquarie City Farmers Market

Register Login Description Lake Macquarie City Farmers Market, set in the beautiful Speers Point Park, will on the 2nd and 4th Saturdays of the month come alive with an avenue of marquees brimming with vibrant seasonal fruit and vegetables, meats from the farmer, fresh baked bread, delectable patisserie items, gourmet cheeses, jersey milk cream and butter, free range eggs, coffee, chai tea and many other gourmet foods. There will also be handmade items on offer as well. Not to mention the food to sit and eat Greek, Thai, Modern Australia so drop by for breakfast, brunch or lunch. For any enquiries contact us on 0427630144. Date Saturday, 22 September 2012 Time 8:00 AM- 1:00 PM Location Park Road Speers Point Park Address po box 152 morpeth, NSW 2321 Cost free Website <http://newcastlecityfarmersmarket.com.au>



Busting common Asthma Myths

Most people think they know all the basics about asthma, but there's usually a few old wives' tales hidden in there. Check your facts!!

Asthma can be cured

FALSE!

Asthma is a treatable health condition. Despite great advances in treatments over the years, unfortunately we still don't have a cure. However, with appropriate diagnosis and good management, just about everyone with asthma can lead normal, active lives.

Inhaled steroids are dangerous and addictive

FALSE!

Inhaled steroids are preventer medications, and are the best way to keep moderate or severe asthma under control. Some people get them mixed up with anabolic steroids that you hear about in sports, but they are very different. Inhaled steroids are a safe and very effective, on-addictive medication that is usually the best way for you to avoid asthma attacks.

It's normal to puff on a blue reliever at least once a day

If a child is regularly using their blue reliever to deal with asthma symptoms three times or more a week, then their asthma is not under control. They need to see their GP and talk about what's going on. If the child is on a preventer medication, then they need to make sure they're taking it every day. Needing to use reliever medication frequently is a strong indicator that they could soon have an asthma attack, so do something about it NOW.

Asthma can improve by moving to the country or to the coast

Because asthma is such an individual disease, some people find the coast is better, while others have fewer problems in the country. Most triggers can unfortunately be found wherever you go. A number of people also find that while a change in climate may improve their symptoms for some time, they then develop allergies to other things in their new environment.

To find out more contact Asthma Foundation NSW
1800 ASTHMA | asthmafoundation.org.au

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