

The Speers Point Star

Growing Stronger and Smarter every day.

Find us at Bell Street, Speers Point

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

17th March 2015

Principal, Chris Payne

Ph. 4958 1230 Fax. 4958 2478

Principal's Message

PBL

If you were at the Parent's Meet 'n Greet last night you would have heard all about the wonderful things happening in PBL this year. PBL (Positive Behaviour for Learning) is all about generating and building positive behaviour in all students so they are readily engaged in learning.

Something new this year your children might be telling you about is the stars. To foster quicker transition times, classes are awarded a star on their class chart. Once a class reaches two lines (14 stars) they are rewarded with a whole class treat of their choosing. Last week Jacaranda visited the park, Casuarina with a movie and popcorn afternoon, while Blue Gum made milkshakes with some free time.



We have also introduced FIT – Friday Incentive Time to further recognise those kids always doing the right thing. Students are breaking up into small mixed groups and getting in some great activities on a Friday afternoon.



Staff Leave

I'm doing something I haven't done before which is to use some of my stockpiled long service leave and I'm taking a week's leave in Week 9 (next week) for a quick trip up the coast. Mrs Cobcroft will be relieving as Principal in that time.

There are lots of things happening in these last few weeks of term. The “upcoming events” below give a great list of what’s to come for you to keep track of.

Have a great week
Chris Payne
Principal

Upcoming Events

Date	Event
Tuesday 17 th March	P&C AGM Meeting 6.30pm
Wednesday 18 th	Shine Program Yrs 5 & 6
Friday 20 th	School Photos
Tuesday 24 th	School Assembly
Wednesday 25 th	Support Unit Football Gala Day Excursion
Thursday 26 th	Year 6 Transition - LMHS
Friday 27 th	Premiers Sporting Challenge Yrs 5 & 6 at LMHS
Monday 30 th	Recognition Assembly 9.30am
Thursday 2 nd April	Easter Hat/Crazy Hair Day END OF TERM 1
Monday 20 th April	Staff Development Day
Tuesday 21 st	Students Return for TERM 2

Recognition Assembly

All parents/carers and grandparents are welcome to attend our special Recognition Assembly.

- Date: Monday 30th March
- Time: 9.30am

Student leaders in years 5/6 will be presented with their Parliament Ministers Badges by the Director of Public Education, Lake Macquarie West Network, Mr Steve Harris.

All classes will perform their class item that they are learning in the Song Room with Miss Brooke. Students will also be receiving awards for being Respectful School members from Mrs Heather Hern, Student Learning Engagement Officer, Lake Macquarie West.

Jacaranda News

On Wednesday Jacaranda had an excursion to Speers Point Park as our class reward for Positive Behaviour for Learning (PBL). The students had a great time and displayed all our school expectations when on the excursion. Well done Jacaranda!



Jade Reeves Movie Fundraiser

Many of you may remember Hayley Reeves who was a teacher at our school. Hayley has undergone surgery, chemo and radiation for a breast tumour removal in recent years. Her three year old daughter Jade was admitted to hospital for a brain tumour removal and has undergone surgeries and chemo as well.

Family, friends and friends of friends are invited to enjoy a movie and popcorn to support this wonderful family and to raise funds for ongoing medical costs.

Cinderella will be shown at Hoyts Charlestown on Sunday the 29th of March from 1:45 -3:50

Tickets can be purchased in advance online through Sticky Tickets.

Green Gang News update

Last week we completed testing for our very prestigious **Wheelbarrow Licences**. Congratulations to Ryley Spies-Farrow, Luca Davids, Aidan Hughes, Raphael Keo, Hayden Cumming, Nic Lambert, Blake Moffit , Amelie Lambert and Oliver Dobson for attaining their licences.

Mrs Wood
(Environmental Coordinator)

You're Invited!

To Speers Point Public School's

Easter Hat & Crazy Hair Day Parade

Thursday 2nd April at 9.30am

You are welcome to stay after and join your child for a special morning tea at 10.15 – 11.00

Hot Cross Buns will be available for all to purchase from the Canteen, an order form for morning tea will be sent home in the coming week.

This year Kinder to Year 6 will be choosing to participate either with a crazy hairstyle or a fancy hat! Please create your hat or hairstyle at home and wear it to school on the day.

The P&C Easter Raffle will also be drawn during the parade, tickets will be sent home soon and extra tickets available on the day!

We look forward to seeing you there!

Birthdays

Wishing the following students a very Happy Birthday!

Deegan S	20 th March
Mahlah C	21 st
Cayden H	22 nd
Wyatt H	23 rd
Braedyn S	24 th
Jack L	26 th
Taiten F	27 th
Oliver D	28 th
Chloe R	29 th



Lost Property

Please check the lost property box located in the office for any of your missing items.

P&C News

Easter Hat/Crazy Hair Parade on



Thursday 2nd April in week 10, the P&C will be holding an Easter raffle. Tickets will be sent home in week 9 and will be sold on the day as well. We'll be selling tea and coffee at the parade and an order note will go home next week for hot cross buns that will need to be returned by

Monday 30th March.

Canteen Roster

Date	Volunteer
Wed 17 th March	Rae N & Bronwyn A
Thu 18 th	CLOSED
Fri 19 th	Kristy L & Liz P
Mon 23 rd	CLOSED
Tue 24 th	CLOSED
Wed 25 th	Mandy D
Thu 26 th	CLOSED
Fri 27 th	Bethany J & Krystal R
Mon 30 th	CLOSED
Tue 31 st	CLOSED
Wed 1 st April	CLOSED FOR CLEANING

Community News



Brand New Dance Studio!!

7 Aluminium Close

Edgeworth

Ph: 4958 6430

We offer Jazz, Tap-P.D.A. Ballet,
Contemporary, Hip Hop, Mini Groovers (2-5 yrs)
& Performance Troupe

Classes start at \$12 each

Come along and join in on all the fun!

info@therhythmfactory.com.au

**GLENDAL JRUGBY LEAGUE FOOTBALL CLUB
(GLENDAL GORILLAS)**

LIMITED PLACES AVAILABLE IN FOLLOWING AGE

GROUPS

Under 6's

Under 8's

Under 11's

Under 14's

Full fees for 2015 are: Under 6's to Under 9's - \$85,
Under 10's to Under 12's - \$100, Under 14's - \$120.

More information regarding the registration process
and what is needed can be found on the Club

Website: http://www.foxsportspulse.com/club_info.cgi?c=1-2358-102874-0-0&clubID=102874

NUTRITION TIPS FOR THE HEALTHY LUNCHBOX

- **Fruit has more fibre and less energy than fruit juice. Fruit should be a regular lunchbox item.**
- Our busy, time-poor lifestyle is conducive to using convenience (pre-packaged) foods. Unfortunately many of these foods are high in fat, salt and energy and should be used sparingly. **When using convenience foods, check labels and choose foods that are higher in fibre and lower in fat and sugar.** Avoid: packet potato crisps or other snacks of this type, lollies, chocolate bars, chocolate



biscuits, cordials and soft drinks, and some muesli bars.

- **Involve your children** in choosing their own lunch from a range of healthy options.
- **Use foil or greaseproof paper** for smaller children who may have trouble taking off plastic wrap.
- **Cutting sandwiches into different shapes** - squares, triangles, animal shapes, fingers, rolled up or as small rolls provide interest.
- Most lunchboxes are kept out at room temperature for many hours – an ideal environment for undesirable bacteria. By **including frozen foods**; i.e. frozen sandwiches (see above), frozen drink bottles (leave room for expansion) or poppers, frozen oranges or mandarins, yoghurts and/or an ice pack.
- Encourage children to **drink lots of water** while at school either from water bottles (frozen overnight) or from the bubbler.
- **Wash lunchboxes daily** and make sure that they are completely dry with the lid off before storing. **Discard all foods brought home** that can become contaminated.
- Remember, **parents are the best role models** (even if the children won't admit it). If parents eat well, then the children are more likely to copy. If children refuse foods, encourage them to just give it a try (without an unpleasant scene). If they don't like it, then try the same food item again, prepared in a different way, in a couple of weeks time and repeat the exercise. As in Dr Suess's famous book – "Green Eggs and Ham" you don't know whether you will like it or not until you have tried it.



Amazing art

Autumn's the perfect season to take a trip to a gallery. The popular ArtExpress exhibition connects us to the inner lives and self-expression of high school students. Amazing works are on show throughout NSW. Check out the calendar.

Find out more:

<http://artexpress.artsunit.nsw.edu.au/>

Sounding out aloud

Making phonics fun. Help your child learn to read by sounding out their words. Here are some tips to help your child gain confidence reading.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/phonics-helping-your-child-with-letters-and-sounds>



KIDS CAMPS

THE BEST HOLIDAYS HAPPEN AT CAMP

- ✓ Relaxing
- ✓ Fun
- ✓ Great value
- ✓ Safe

Entertain the kids this school holidays with a Sport and Recreation camp. Our popular Kids' and Family Camps offer a range of exciting activities to keep even the biggest kid entertained. Try your hand at over 40 different activities, including fishing, slip'n'slide, abseiling, crafts, kayaking, cooking and more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands.

Kids' Day Camps start from \$47. Family Camp weekends start from \$63 per day for kids and \$96 per day for adults (kids under 5 attend free; cost includes accommodation, meals and activities).

Bonus! Residential Kids' Camps include supervised transport from:

- Central Station, Sydney
- Penrith
- Lithgow
- Bathurst
- Orange
- Wellington
- Brookiyn
- Mooney Mooney.



dsr.nsw.gov.au/kidscamps
dsr.nsw.gov.au/familycamps
 13 13 02
[facebook.com/nswsportandrecreation](https://www.facebook.com/nswsportandrecreation)

Office of Sport & Recreation



JUNIOR RANGER FUN DAY
 20 APRIL 15

The theme of our next free environmental fun day is **nature venture**, with fun craft, interactive games, planting activities and critter displays.

10am to 12pm, **Thursday 16 April 2015**

Richley Reserve (Freyberg Street, New Lambton)

Enquiries: 4904 3344 or blackbuttadmin@ncc.nsw.gov.au

Compulsory parental supervision at all times. Children must wear fully enclosed shoes.

Follow us on facebook
www.facebook.com/blackbuttreserve

Blackbutt Reserve Newcastle

MYUNA BAY SPORT & RECREATION CENTRE

April Holiday Programs 2015

PHONE enquiries / bookings : 131302

Program	Dates	Ages	Cost
Adventurer Camp	13 – 17th April 2015	7 – 12 years	\$336.00 / person

The program includes: all meals, accommodation and activities.

Activities could include any or all of the following: low & high ropes challenge course, rock climbing, abseiling, archery, giant swing, canoeing, kayaking, flying fox and much more.

FAMILY FUN AT THE HUNTER WETLANDS CENTRE

Easter School Holidays 2015

Easter Fun Day

Saturday 4th April 9.30am - 1.00pm

Join the Easter Bunny for:

- Wetlands Adventures, ● Craft & Face Painting, ● Fun Games,
- Reptile Encounter, ● BBQ.

\$5 Adults, \$2 children under 12 (under 3 free)



School Holiday Activities

There's lots to do, so come along and join in the fun

- Dipnetting, ● Canoeing, ● Bike Riding (bring your own bike or hire one),
- Playground, ● Walking Trails, ● Become a Wetlands Explorer (go in the draw for a weekly prize pack), ● Bring a picnic or eat at Spoonbill Cafe.

Wetlands will be closed on Good Friday, Easter Sunday & Easter Monday

Book in for these activities on Wednesday 15th April

Bush Skills Adventure 8 to 12 yrs (\$20 per child)

Have fun making a bush survival shelter, a bush damper & learn about useful bush skills too!

Wriggly Wetlanders 5 to 8 yrs (\$20 per child)

Explore the wetlands, get creative and crafty with our fun wetland activities.

Bookings Essential - 4951 6466

SPECIAL EVENT

Fundraiser Movie Event - 2nd April

Get your friends together & join us at Glendale Events Cinema for the premiere of

**The Spongebob Movie
Sponge Out of Water 3D.**

All tickets \$12. Entertainment from 5.30pm movie starts at 6.30pm.

Tickets from www.stickytickets.com.au



HUNTER WETLANDS CENTRE

1 Wetlands Place, Shortland NSW 2307

Ph: 4951 6466 Email: hwca@wetlands.org.au

Open 9am to 4pm - 7 days

Spoonbill Cafe open 9am to 3pm - 7days