



# MINDABOOKA

## Adamstown Public School



Week 8 Term 2

18 June 2019

### From the Principal

#### STUDENT ACHIEVEMENT

**StarStruck – No Limits** Our dancers performed magnificently at last week's Star Struck program at the Newcastle Entertainment Centre. Congratulations to our wonderful student performers and a BIG thank you to our APS parents for their assistance and support throughout the term. A special thanks again to Miss Anderson, Ms Wenham and Mrs Mahony who prepared our performers in 2019. I am so proud to be a part of Public Education and constantly amazed that over 3,500 students, their teachers and parents can work together in such a co-operative and creative manner to produce such a magnificent and inclusive production.

Congratulations Tara and Amelia – Featured ballet dancers; Amy, Riley, Sophia, Gabriella-Rose, Taylor, Valentina, Megan, Lani, Jess, Zara, Indra, Jade, Alex, Kayla, Aaleyah – Movement group; Hope, Rosie, Abby, Jarrah, Ruby, Lana, Ava, Kian - Aboriginal dancers.



#### BEANIE DAY



It's almost time!

On Friday 5 July, APS will be supporting the Mark Hughes Foundation by raising awareness and funds for Brain Cancer research. Students are encouraged to wear their own beanie and bring a gold coin donation on the day or purchase a Mark Hughes beanie for \$25 during the week prior, **CASH ONLY, no POP payments**. We have limited stock of these beanies so you will need to be quick! Beanies will go on sale on Thursday 27<sup>th</sup> June. (Max 2 per student) Mark Hughes will be visiting us on our Beanie Day and will speak at our Friday assembly. All parents are welcome to attend (with your beanie, of course!)

#### IS THERE SUCH A THING AS A LEFT HANDED SCREWDRIVER?

Our fundraising P&C Trivia Night coming up this Friday, 21 June might just have that question posed! Start honing your trivia skills in preparation for this ripper event. Fun is guaranteed, as is a bounty of prizes!

We are so pleased to say that we now have a sold out event. See the attached P&C Newsletter for further details for the night ahead.

#### HEALTHY SLEEP HABITS

When children sleep well, they'll be more settled, happy and ready for school the next day. Getting enough sleep strengthens their immune systems and could reduce the risk of infection and illness.

Experts believe primary school children require around 10-12 hours of sleep per night and up to half of all children and adolescents experience some problem with getting enough sleep. You can help your child to develop healthy sleep habits which include:

- set bedtimes and wake times - try and keep these regular
- no TV/computer games one hour before bed
- no TVs in bedrooms
- no caffeine, high sugar or high spicy food 3-4 hours before bed
- comfortable temperature, light and noise levels in the bedroom
- warm milk or chamomile tea can help induce sleep.
- convincing children that it is important to sleep well - reward them for complying with bedtime rules
- visiting your doctor and asking to be referred to a sleep specialist if your child's sleep problems persist or worsen.



#### ENROLMENTS AT 'THE GREATEST SCHOOL AROUND' FOR 2020

Yes, It's that time again!

Plans have begun in preparation for our 2020 Kinder Orientation program. Should you know of any family who is looking to possibly enrol their child, whether it is Kindergarten or any other grade, please ask them to contact the office as soon as possible to enable their details to be included in our 2020 database.

## TERM DATES

The last day of Term 2 will be **Friday 5 July (Week 10)**. All students K-6 will return to school for Term 3 on **Tuesday 23 July**.

Thank you for making our school the 'Greatest School Around'.

**Kym Ross – PRINCIPAL**

## School News

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### OUR NEW CAFÉ FURNITURE



### Wrapper Free Day

Monday 1st July will be Term 2 Wrapper Free Day. We ask all students to bring their lunch without packaged in reusable packaging to minimise waste. Classes will each be surveyed to decide which class will win our wrapper free day. The winning class will be rewarded with some additional PE time on the day.

**Mrs Neilands**

### 701 BUS CHANGES

A graphic with a blue and green background. At the top, it says 'School timetable changes from 1 July'. Below that, it says 'There will be some timetable changes to school services to improve reliability.' Then, it says 'It's easy to check your timetable.' followed by three numbered steps: 1. Visit: [newcastletransport.info/plan-your-trip/school-services](https://newcastletransport.info/plan-your-trip/school-services), 2. Type your school name into the search field., 3. Select your school bus route to download the PDF timetable that will be effective from 1 July. At the bottom, it says 'Don't forget to tap on with your Opal school card!' and 'Tapping on and off provides Newcastle transport with important data to determine bus services to your school.'

Information on Trip Planner and other transport planning apps are now available, to align with Transport for NSW's Trip Planning service. Parents and students can easily check their timetable by following these three simple steps:

1. Visit <https://newcastletransport.info/plan-your-trip/school-services>
2. Type your school name into the search field
3. Select your school bus route to download the PDF timetable that will be effective from 1 July.

# Principal Awards

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## CORE VALUE: CO-OPERATION



### Chloe

A student who is always respectful, patient and kind.  
A great team leader.

### Charlotte

A co-operative, considerate and caring student who encourages everyone to be great team players.



## CORE VALUE: EXCELLENCE



### Ray

A diligent student who strives for excellence in all that he does.

### Tilly

A student who always aims for personal excellence in everything she does.



# Library News

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Students are busy borrowing, returning and finishing off their Semester 1 research topics.

## Borrowing Statistics

After reviewing borrowing statistics over the last 2 years there has been an increase of 100% in books being borrowed. That's is double! Well done students and parents for supporting our library and student reading.

## Chess Competition

The Chess competition is starting this week. Games will take place in the library at lunch time.

## Library Bags

Please remember to put names on library bags. This helps with getting lost bags back to the correct class and students.

## Book Week

Book Week celebrations are approaching in mid Term 3. Time to start thinking about book parade costumes!

## New Books in!

The Fudge series – Judy Blume

Olivia's Secret Scribbles 4 – M Costain

Pearl the Unicorn – S Odgers

Keep on reading!

**Mr Howell**

## Visual Arts News

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Thank you to everyone who has been sending items in for use in the Visual Arts Room. We would still love to receive some wool and coloured buttons!

Students are thoroughly enjoying working very hard on their class units of work. Items will be on display at the Art Show later this year.

### *The Saretta Fielding Mural Project*

We are thrilled to announce that 6 of our Stage 3 students have received invitations to attend the Saretta Fielding Mural Project at Kotara High School later this term. Charlotte J, Kane, Corey, Chris, Noah W and Hope have the opportunity to work with local Aboriginal artist, Saretta Fielding. These students will work with students from Kotara High School and other local primary schools.

### *A Selfie with My Pet!*

We have received a grand total of two selfies from students, taken with his/her pet. Many students have expressed an interest in entering a selfie with their pets for a display in our upcoming art show. Your support of this project would be wonderful.

Kindest Regards,  
**Megan Gibson**

### **Primary Ethics Update \* Thanks Lisa! \***

I would like to sincerely thank Lisa Gaudron for her years of dedication to the Ethics program at Adamstown Public School. Lisa is taking a break from teaching the Ethics program to our lovely children and the Ethics team wish her all the best.

Lisa has been the driving force behind the program since 2013 when she helped to bring it to life here at 'the Greatest School Around' as our first Ethics teacher.

If you can, please take the time to thank Lisa and ask her about being a volunteer Ethics teacher.

We would love to welcome more members of our Adamstown community into our Ethics team, which currently includes myself as the co-ordinator as well as Ellen, Kim, and Jody as our active teachers.

The Primary Ethics website is found at: <https://primaryethics.com.au/> There is a great section on 'Volunteering', and you can subscribe to the newsletter or read past copies under the 'News' heading. Feel free to contact me on 0422 229 082 if you have any questions about the program.


Wishing everyone a happy week,

**Mary Carthew**

Primary Ethics teacher coordinator, Adamstown PS

# Important Dates

THIS WEEK		THIS MONTH		THIS TERM	
17 June	▪ P&C meeting	24 June	▪ Wrapper Free day	2 July	▪ Reports to go home
21 June	▪ Kotara Network Aboriginal culture Day	25, 26 June	▪ Mural Art Project with KHS	3 July	▪ KW 3-way Learning
	▪ Trivia Night			4 July	Conferences
		27 June	▪ Debating Gala day		▪ KL 3-way Learning
		28 June	▪ Kotara Network Aboriginal History excursion to Sydney		Conferences
				5 July	▪ Beanie Day
					▪ Last day of Term 2



# Collecting Now

- Term 2 Band Fees
- Yr 4 Roar N Snore excursion
- Stage 3 Bathurst excursion
- Voluntary Contributions
- Book Packs