



# MINDABOOKA

## Adamstown Public School



Week 4 Term 3

13 August 2019

### From the Principal

#### STUDENT ACHIEVEMENT

**Premier's Spelling Bee:** The competition comprises of two divisions – Junior (Year 3 & 4) and Senior (Year 5 & 6). After much practise, in-class challenges and stage competitions we now have our four finalists to represent A.P.S. at this year's Premier's Spelling Bee. Congratulations Simone & Henry (Stage 2) and Riley F & Emily C (Stage 3). Best wishes to you all on a great competition.



#### IT'S PARADE TIME!

Wednesday August 21st is most definitely one of our favourite fun days at APS. Our annual Book Week Parade and Fair gives the opportunity for all to dress up like no other day! This year's NSW-wide Book Week theme is 'Reading is My Secret Power' which does lend itself to a bit of a Superhero type costume display! The staff are ready to go which could be interesting!



#### KINDERGARTEN ORIENTATION – PARENT INFORMATION SESSIONS

We have also been busy preparing for the Kindergarten Orientation and School Information session which will be held on **Thursday, 22 August at 9:30** am in the School Hall. Many teachers, students and a number of parents are also busy preparing to showcase our school and its wonderful achievements on this day. There will also be a fashion parade, performances, public speaking and student work and robotics on display. Should you know of any family who is looking to possibly enrol their child for 2020, please ask them to contact the office as soon as possible for an invite to this important information session for parents?

#### LOOK WHO IS UP FOR A MATH CHALLENGE?

Good luck to all Stage 3 Mathematicians next Wednesday as they tackle this year's Hunter Primary Math's Competition. This competition is challenging but a great learning opportunity for all competitors and another valuable assessment tool for our teachers. The competition entry fee has been paid by the school.

#### PROMPT ACTION IS THE KEY

At APS students are given a range of opportunities to attend sporting, cultural and learning events off site. In order for this to happen, class teachers need to prepare a comprehensive excursion/incursion application including risk assessments and variation to routines back at school. Imperative to this organisation is the prompt return of permission notes.

This enables office staff and teachers to:

- book and the confirm the correct number of buses or arrange private transport;
- prepare attendance rolls;
- prepare risk assessments and management plans;
- ensure correct health care plans are in place and medications packed;
- arrange the correct ratio of teachers to supervise and the teachers who will need to stay back at school to supervise those not attending;
- cover playground duties at school; and
- arrange for school learning support officers to attend or stay back at school as required.

If we have to 'chase' permission notes, this adds to the workload of office staff and teachers and takes them away from other tasks that support our students. Students cannot participate without a permission note. Please check your child's bag each night and return these notes asap. In some cases 3 or 4 permission slips have been given to students. These issues are right across Kindergarten to Year 6. In fact the younger classes are often more prompt with note return.

Your cooperation would be appreciated.

## FATHER'S DAY STALL

Our incredibly hard working fund raising team is already busy preparing a wonderful Father's Day Stall for all our students. This will be held on Thursday 29 August during morning class time. The gifts are priced from \$1 to \$5. Please ensure students bring along no more than \$10 each to spend on the day. Donations of raffle prizes can be left at the office till Monday 26 August. Your generosity would be appreciated.



## FATHER'S DAY BREAKFAST



Once again by popular demand our Father's Day brekky will be held on Friday 30 August from 7:00 am till 8:30am. Teachers have organised lots of breakfast treats for our dads to enjoy. All we need is for you to reply to your invitation and enjoy eating a hearty breakfast prepared by our very own master chefs. An invitation and RSVP slip for our dads and granddads is included in this week's newsletter. Please return ASAP to ensure that we are able to cater for all who attend.

## A FEAST FOR THE EYES

We are now in full planning mode for our bi-annual Art Show; and this year's is proving to be bigger and better than our previous exhibition. A.P.S. Visual Arts Exhibition will be coming to a school near you on **Tuesday, 24 September and Wednesday, 25 September** so please note this in your diary. More details will be sent home soon.



## ENROLLING NOW FOR 2020

Vacancies are limited.

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

**Kym Ross – PRINCIPAL**

## School News

### WASTE-FREE LUNCHES

A waste-free lunch has no throw-away packaging. Everything in a waste-free lunchbox can be eaten, reused or composted. It's an easy way to provide a healthy lunch with less processed food.

Children learn to **REDUCE, REUSE, RECYCLE** and **COMPOST**

#### REDUCE...

**Reduce the amount of waste we send to landfill.** The average Australian household throws away almost 16kg of garbage each week!

**Reduce the amount the school spends on waste collection.** Waste that is compostable provides food for the worm farm.

**Save money and cut food waste by buying food in bulk** e.g. seasonal fruit and veg, food in larger packs or tubs (such as low-fat yoghurt, cheese and crackers) and place into small reusable containers.

**Use food that doesn't need packaging** – such as an apple, a banana, a small carrot or a boiled egg.

#### REUSE...

- Use containers that can be washed.
- Drink bottles can be refilled with water.
- Prepare extra for dinner and pack leftovers in lunchboxes.

#### AVOID...

- Steer clear of plastic wrap and foil.
- Don't use disposable items like plates, knives and forks.
- Avoid individually wrapped serves of food or packaged items e.g. chips, small yoghurts.
- Write your name on containers to avoid losing them.

#### COMPOST...

- Tell your child to put any scraps into the green waste bin – or take it home for composting.
- Encourage your school to compost or have a worm farm.

### WHAT TO PACK

1. Main lunch item
2. Nutritious snacks
3. Vegetables or fruit
4. Water
5. Crunch & Sip

Health

## Library News

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Students are once again busy borrowing, returning and working diligently on their Semester 2 research topics.

### Chess Competition

Congratulations Giselle in winning the senior section.

## BOOK WEEK

### Book Parade

Book Week celebrations are almost here. Next Wednesday at **2.15pm** we will be dressing up in our costumes for our book Parade. Try to ensure students have a practise in putting their costume on before so it is easier when they get dressed on the day.

### Book Fair

Remember to save some \$\$\$ for our Book Fair which is happening in the library on the same as our parade. All funds made from the Book Fair go TOWARDS into new books for our students to borrow.

**Books may be purchased during the following times:**

#### Tuesday:

Afternoon: 3pm to 3.30pm

#### Wednesday:

Morning: 8.30am to 9am

**During lunch 11.10am to 11.45am**

After school 3pm to 3.30pm

### New Books in!

117- Storey Treehouse – Andy Griffiths

Ninja Kid 4 – Anh Do

Max Crumbly – Rachel Renee Russell

### Library Bags

Please remember to bring library bags on library day. This helps to keep books safe and in good condition.

Keep on reading!

Mr Howell

## Visual Arts News

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### Artie Update

Last week there was an unfortunate incident in the Art Room involving 'Artie'. He sustained an 'Artline' fracture to his left leg. He will be in a full leg plaster for at least 6 weeks. He appreciates your well wishes. He is resting in the Art Room.

### Donations

We now have plenty of Aldi catalogues. Thank you so much for your contributions. We tear 'out of date' catalogues in half and use them as paint palettes, which can then be thrown away without the need to wash up lots of plates.

A huge thank you to Mrs Dixon for a large donation of art supplies, which are already being put to great use. Consumables such as cotton wool, feathers, pipe cleaners and cotton buds are very popular with our artists.



### Art Show

Only 6 weeks until our Art Show! All students are working very hard on their art works. These will be on sale on Tuesday and Wednesday of Week 10 this term. Mark it in your calendar!

### Father's Day Portraits

This week students are starting their Father's Day Portraits. Students will be drawing and then painting their father or a significant male in their lives. These will be done in a similar style to the Mother's Day Portraits.

### Texture Bar and Colour Lab

We now have a Texture Bar and a Colour Lab set up in the Art Room. Students are able to access many different items to paint with, rather than just a paintbrush. These include both natural and man-made objects. In our Colour Lab students are able to mix paint to achieve their desired colours. Sand and natural pigments will also be available to add texture and earthy colours.

# Principal Awards

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## CORE VALUE: DEMOCRACY



**Shenal**

Demonstrates respect to his peers and resolves conflicts peacefully.



**Jett**

Has a strong sense of social justice and advocates for the rights of others.

## CORE VALUE: CARE



**Phoenix**

Showing great sportsmanship and care for another student at the Athletics Carnival.



**Cohen**

Showing great sportsmanship and care for another student at the Athletics Carnival.



**Ollie**

Showing great sportsmanship and care for another student at the Athletics Carnival.



**Noah**

Always kind and helpful. A genuine young man who always places others before himself.



**Jett**

A wonderful buddy and friend to Kindergarten. Jett has a social justice and advocates for others when needed.

# Important Dates

THIS WEEK		NEXT MONTH		THIS TERM	
12-16 Aug	<ul style="list-style-type: none"><li>Last week of Silver Coin Challenge</li></ul>	21 Aug	<ul style="list-style-type: none"><li>Book Week parade and Book Fair</li></ul>	2 Sept	<ul style="list-style-type: none"><li>P&amp;C meeting</li></ul>
	<ul style="list-style-type: none"><li>Newcastle Zone Public Speaking Competition</li></ul>		<ul style="list-style-type: none"><li>Newcastle Perm Stage 3 Math Comp.</li></ul>	5 Sept	<ul style="list-style-type: none"><li>UNSW Science Comp.</li></ul>
13 Aug	<ul style="list-style-type: none"><li>Zone Athletics Carnival</li></ul>	22 Aug	<ul style="list-style-type: none"><li>Kindergarten Orientation parent information session</li></ul>	10 Sept	<ul style="list-style-type: none"><li>Yr 4 excursion</li></ul>
		29 Aug	<ul style="list-style-type: none"><li>Father's Day stall</li></ul>	11 Sept	<ul style="list-style-type: none"><li>Teddy Bear's picnic</li></ul>
		30 Aug	<ul style="list-style-type: none"><li>Father's Day Brekky</li></ul>	12 Sept	<ul style="list-style-type: none"><li>UNSW Spelling Comp.</li></ul>
				17 Sept	<ul style="list-style-type: none"><li>Comp.</li></ul>
				19 Sept	<ul style="list-style-type: none"><li>UNSW English Comp.</li></ul>
				24 Sept	<ul style="list-style-type: none"><li>Comp.</li></ul>
				25 Sept	<ul style="list-style-type: none"><li>UNSW Math Comp.</li></ul>
					<ul style="list-style-type: none"><li>Art Show</li></ul>
				26 Sept	<ul style="list-style-type: none"><li>Art Show</li></ul>
				27 Sept	<ul style="list-style-type: none"><li>Band Link</li></ul>
					<ul style="list-style-type: none"><li>Band Link</li></ul>
					<ul style="list-style-type: none"><li>Last day of Term 3</li></ul>

# Collecting Now

- Year 4 Roar N Snore excursion
  - Stage 3 Bathurst excursion
  - Band Link
- Silver Coin Challenge
  - Band Fees



We have children enrolled at our school with life threatening anaphylactic allergic reactions to shellfish, nuts and peanut products. We would like to encourage families not to send these products to school with their children. Nut products include peanut butter, Nutella, sesame seeds, loose nuts, nut or chocolate bars.



## Does your preschool child have access to connected devices?

**81%** of parents say their preschool child uses the internet.  
**37%** think their child spends too much time online.<sup>1</sup>

Being online at this age can offer your child opportunities to learn through exploration, play and social interaction. But there may also be some risks if your child uses connected devices without supervision or for extended periods of time.



This might include coming across harmful content, contact with strangers or missing out on physical activity.

Here are our tips for a safe and balanced online experience for your preschool child:

### Set ground rules



#### Establish clear rules and be consistent

Be clear on things like when and where devices can be used and when they need to be switched off. A good time to switch off is during family dinner time and when your child is alone in a room.



#### Use a timer

Limit the amount of time your child spends online to ensure a good balance with physical activity. It can be easy to lose track of time, so setting a timer can help.



#### Resist any push back

Getting your child off a device can be hard and it can be tempting to give in to their demands. Sticking to the rules at this age will help instil good online habits for your child now and in the future.

<sup>1</sup>Survey of 3,520 Australian parents of children aged 2-17

## Be involved



### Get to know your child's toys and devices

Be aware of the capabilities that come with a device, app or internet connected toy. Check the device guide and look out for any built-in cameras, microphones, chat functions and location settings that are not needed and can be deactivated.



### Supervise and explore together

It's easy for your child to explore through a touchscreen and accidentally access inappropriate content. Explore together and keep an eye on your child in case they come across something that might upset or confuse them.



### Know what's good and what's not

There's a lot of content on offer for your child. Common Sense Media can help with independent, age-based and educational ratings and reviews for a range of content, including online games, apps and websites. ([commonsensemedia.org/reviews](https://commonsensemedia.org/reviews))

## Manage access



### Bookmark the good stuff

Make a list of favourite sites and apps that are safe and that your child enjoys. Show them how to access these.



### Block the nasty stuff

Use parental controls and safety features that are available on the device or through apps, web browsers and service providers. These can help block inappropriate content. However, keep in mind that tech tools can't block all the bad stuff—you still need to back it up with supervision. ([esafety.gov.au/parental-controls](https://esafety.gov.au/parental-controls))



### Disable in-app purchases

Lots of apps feature additional payments for extra content. It can be easy for your child to accidentally rack up a big bill on your account. Restrict in-app purchases through settings in Google Play (Google Play > Settings > Require authentication for purchases) and on iPhones, iPads and iPod touch (Settings > General > Restrictions).

## Support positively



### Start the conversation

It's never too early to start talking about safe and respectful behaviour online. Help your child understand that what they say or do online is important.



### Get other trusted adults on board

Teach your child that it's important they come to you or another trusted adult (such as an aunt, uncle, grandparent) if they are upset because of anything they see or experience online.



### Know where to go for extra support

If your child is distressed because of anything they have seen online, then seek professional advice from your GP or Parentline ([parentline.com.au](https://parentline.com.au)) on 1300 30 1300. Raising Children Network ([raisingchildren.net.au](https://raisingchildren.net.au)) can also help with a range of resources and information on development, learning and health at this age.



 eSafety Commissioner

[esafety.gov.au/parents](https://esafety.gov.au/parents)