



MINDABOOKA

Adamstown Public School



Week 4 Term 3

27 August 2019

From the Principal

Debating: Our Train-On team have now qualified for the semi-finals and will be competing next Friday at The Junction PS. Congratulations also to Jasper and Tara who have been selected to attend the Hunter Region Central Coast Debating Trials on 9 September at Warners Bay Public School. So proud!

Newcastle Zone Public Speaking Competition: Congratulations to all our eight zone competitors Blake, Harry T, Liam B, Pippa, Liam B B, Lili J, Indra & Lani. We are very proud of your achievements! Special congratulations to Harry T. and Pippa who both received a Highly Commended award for their efforts. This is quite an achievement when you are competing against the best of the best. Well done!

Premier's Reading Challenge 2019: 289 students have now completed the challenge. Last week everyone!!

Silver Coin Challenge: Congratulations 1C for winning the 2019 Silver Coin Challenge. The hard working coin collectors will enjoy an out of uniform day and pizza party.

Wow! What an effort by every class! In total our Silver Coin Challenge has raised \$1454.85. Congratulations and thank you to all students and their families for getting on board with this P&C fundraiser for our canteen revamp.

School Band: Our school band is sounding bigger and better each week and with our last performance wowing their audience at our Kindergarten Orientation Day last Wednesday; it is timely to recognise the student's (and parents) ongoing hard work and commitment to their music. Keep up the great work!

Kindergarten Orientation Day helpers: Thank you to Tara and Nelson (hosts), Aaliyah, Harry and Sam (organisers and welcoming committee), Jarrah (Acknowledgment of Country), Harry and Pippa (public speaking) Oscar, Jesse, Alessandra, Joe, Allie, Scarlett I, Scarlett M & DeAndre (Kinder uniform models) and the wonderful band of parents who put together a delicious morning tea for our visitors. Because of your efforts we were able to show our new parents to the school that we truly are the 'Greatest School Around'. You were brilliant! Thank you.

SUPERHEROES TURN OUT FOR THE PARADE

A resounding success was our recent Book Fair Parade! It is always a whole lot of fun as our students and staff dress up for the day to highlight and promote reading. Not that many of our staff need much of an excuse to open the lid on the dress up box! I love that every child and staff member embraces the day with gusto as we celebrated this year's theme, Reading is My Secret Power.

WHERE HAS THE YEAR GONE?

Last Thursday, our Year 6 students attended 'Taster Lessons' at Kotara High School as part of their transition to High School in 2020. The 'Taster lessons' aimed to introduce the students to a variety of subject areas that they will study in Year 7. The visit to Kotara High School also provided an opportunity for students to experience the organisational structure of high school including bell times, transitioning from one class to another, how the canteen operates and playground expectations. My thanks to Kotara High School for organising this High School experience for all our students and for providing a bus to transport us on the day.

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 \$8. Please ensure students bring along no more than \$10 each to spend on the day. Donations of raffle prizes 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, grandads and other significant men in our student's lives 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. Breakfast orders must be in by 9am Wednesday 28 August. No late orders can be accepted. Why not see if you can walk away with even more than just a very satisfied full stomach and a huge smile, by grabbing a ticket in our Father's Day Draw. Tickets can also be purchased at the Breakfast. Our P&C has prepared prizes definitely worth fighting for!

STAFF ACHIEVEMENT - SASS RECOGNITION WEEK 2019 (26 – 30 AUGUST)

This week we will once again acknowledge the hard work done by School Administrative and Support Staff (SAS staff) as part of the celebrations for the 19th Annual National Recognition Week 2019. SAS staff are a dedicated group of professional workers who are often overlooked in the school setting. They play a vital role in students' learning by assisting teachers with implementing educational programs, maintaining records, performing the diverse school administrative procedures, providing first aid, providing technology support and maintaining the buildings and grounds to keep our school safe. At our school we are very fortunate indeed to have a simply outstanding team of SAS staff helping to care and educate our students and run our school.

Our support team is:

Ms Holland (School Administrative Manager)
Mrs McGahen (School Administrative Officer)
Mrs Baker (School Learning Support Officer)
Mrs Kelly (School Learning Support Officer)
Mrs Owens (School Learning Support Officer)
Mrs Smith (School Learning Support Officer)
Mr Bagnell (School Learning Support Officer)
Mrs Strict (Library)
Mrs Tyrie (School Learning Support Officer)
Mr Wirth (Technology Support)
Mr Maloney (General Assistant)
Mr Peter Gray (General Assistant)



If you have the chance, please take the time to thank these staff members during the week. We would be truly lost without them!

HEALTHY LUNCH BOXES HEALTHY KIDS!

The SWAP IT program is an exciting new healthy lunchbox program from the *Good for Kids Good for Life* team. SWAP IT aims to support parents and carers to swap what is packed in the lunchbox from 'sometimes' foods to 'everyday' foods. The program is FREE and will run through our Skoolbag app during Term 4.

The main components of SWAP IT include:

- Development of lunchbox guidelines for parents.
- Access to a number of resources for parents including the *Good for Kids* website, healthy lunchbox videos and recipes.
- Provision of resources to schools including a healthy lunchbox flipchart and access to healthy lunchbox lesson plans.
- Distribution of weekly healthy lunchbox messages over one or two school terms.



Miss Walters will co-ordinate this initiative for us. Stay tuned!

2020 KINDER, HERE THEY COME!

On Wednesday 11 September at 12-1pm we will enjoy playing host to our 2020 Kindergarten guests as they begin to familiarize themselves with our school and our routines. We begin with our Teddy Bear's Picnic and canteen experience. If you know of any families with little ones due to start school next year who have not contacted us as yet, please let them know.



SAFE PARKING



Drop off and pick up times around our school is always an issue. I am appealing to parents and grandparents once again to follow the school's safety rules (this would also model to your children the safe way to do things).

Please DO NOT walk through or park in the staff carparks. Our car park speed limit is strictly 5km per hour for staff and parents who have sought permission from me to use the handicapped parking bays. Every child's safety should be everyone's concern.

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

Kym Ross – PRINCIPAL

School News

INFLUENZA ALERT

Please be aware that we have had a number of students recently diagnosed with Influenza A.

What is influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are two main types of influenza virus that cause infection in humans – types A and B – and many sub-types or strains. Flu can occur throughout the year but flu activity usually peaks in winter.



Flu is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new flu vaccine is prepared each year to best match the strains predicted for the coming influenza season.

What are the symptoms of flu?

People with influenza typically experience some or all of the following symptoms for at least a week:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (common in children)

Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination.

Seek immediate medical advice if the illness quickly becomes worse or if any of the following occurs:

- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness • persistent vomiting.

How is flu spread?

Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes. Influenza can also spread after touching surfaces where infected droplets have landed. Influenza can be spread to someone by an infected person even before their symptoms begin.

Adults with influenza are infectious from the day before their symptoms start until 5-7 days later. Young children and people with weakened immune systems may be infectious for longer.

Stay at home if sick

If you are sick with flu, stay at home and avoid close contact with other people to prevent them from also becoming sick. Keep sick children away from school and other activities. Wait at least 24 hours after fever resolves so that you are unlikely to infect other people.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

Adamstown Public School

is taking part in the
Waste-Free Lunch Challenge!

all students and staff are encouraged to bring waste-free lunches to school

Reuse

Reusable food containers
Reusable forks, spoons and knives
Refillable drink bottles
Cloth napkins

Recycle

Milk and juice cartons
Aluminium cans
Paper
Glass

Compost your food scraps

Tips for Waste-Free Lunches

Waste-free lunches contain only items that are eaten, composted or recycled. They don't contain wrappers or packaging that will be thrown in the rubbish bin.

Example of lunch items with waste	Example of items in a waste-free lunch
Sandwich in disposable cling wrap or plastic sandwich bag	Sandwich in a snug-fitting reusable container
Crisps or pretzels in a plastic foil packet	Snacks in a reusable container
Juice in a squeeze pouch, with a plastic straw	Water, juice or other drinks in a reusable and reusable bottle, filled at home from a bulk container
Yoghurt in squeeze pouches or plastic "shot" bottles	Yoghurt in a small reusable container, filled at home from a bulk container
Individually-wrapped muesli bars	"That mix" in a reusable container
Pre-packaged fruit salad in a small plastic tub or tin	Whole fruits without packaging or fruit pieces in reusable containers
Pre-packaged "snack pack" of crackers and cheese spread	Raw or salad vegetables such as carrot, lettuce, tomato, cucumber and celery, plus a small container of dip
Individually-wrapped confectionary bars or cakes	Muffin, fruit bread or biscuits in a reusable container
Individually-wrapped cheese sticks / strings	Cubes/slices of cheese in a reusable container
Disposable cutlery	Durable cutlery that is designed to be washed and reused
Paper serviette	Washable cloth napkin

Reusable containers - Using reusable containers is the cornerstone of a waste-free lunch! Suitably sized containers will keep sandwiches intact and make little treats easy to pack. Although reusable containers may have a higher upfront cost than a roll of plastic wrap, they are durable, they will save you money in the longer term and they will help to reduce waste.

Buying in bulk - Buying items such as juice, yoghurt, crackers, biscuits and cheese in bulk quantities or containers, rather than in individual servings, will probably save you money as well as reduce waste. It also allows your child to drink or eat only as much as they want at one time, and then they can re-seal the container.

Recyclable packaging - We understand that some children's lunches may need to contain packaged food items for dietary, religious or other reasons. Check which types of packaging are recycled at the school (there is a guide on the Activity Sheet). You can also check which items can be recycled at home, by visiting RecyclingNearYou.com.au and searching under your council area. This information may be relevant for your bulk containers at home, or if recycling is not available through the school.

Packing a bottle of **frozen drink** with the lunch will give your child a cold drink and also keep the lunch cool.

Lastly, **Join the Waste-Free Lunch Challenge!** Seeing you go waste-free for lunch at the same time is the best possible motivation for your child.

Schools Recycle Right **NATIONAL RECYCLING WEEK** **PLANET ARK**

Visit: schoolsrecycleplanetark.org.au to register your school's events and see tips, updates and free resources to help pass your activities.

Adamstown Public School is holding a **Wrapper-Free Lunch Challenge** on Tuesday, 3rd September.

On this day we ask that your child's lunch contain as few items as possible that must be thrown away. Ideally, your child's lunch will only contain items that will be eaten, composted or recycled.

Examples of how to pack waste-free lunch items are provided in the attached guide. Reusable containers are a handy way to pack a waste-free lunch. They also make it easy to buy food and drink in bulk (instead of in single-servings) which can save money over time.

The Wrapper-Free Lunch Challenge is one of Adamstown Public School's sustainability education initiatives. By participating, students will have a better understanding of how we can take action to reduce our waste. Wrapper-free lunches also save money and promote healthy eating.

If you have any questions, comments or concerns about the Wrapper-Free Lunch Challenge, please don't hesitate to contact Miss Walters.

Thank you for supporting your child's participation in Adamstown Public School's Wrapper-Free Lunch Challenge.

Miss Walters

2W Teacher and Stage 1 co-ordinator

E SAFETY

Protecting your digital reputation

A message from the e-safety commissioner

What do I need to know about safe social networking?

- Limit your friend list: don't 'friend' random people.
- Protect your privacy: don't share your password and set your profile to private.
- Your personal details are valuable: don't share them.
- Protect your reputation: keep it clean and ask yourself, would you want others to see what you upload?
- Be careful who you trust: a person can pretend to be someone they are not.
- Don't use a webcam with people you do not know.
- Think before you post, chat, upload or download.

How do I control my privacy settings?

All social networking sites have their own version of 'default' privacy and security settings. It is important that you know how the site works and how to change the settings to protect your personal information. The [Games, apps and social networking section](#) of our website gives you access to step-by-step instructions to control your settings for each social networking platform.

What are the risks of social networking?

The risks in using social networking sites include:

- Anonymity — it can be easier to say and do things online that you might not do offline.
- Sharing too much information — for example, photos from a party might be okay for close friends to see but can become an issue if shared more widely.
- Not protecting your personal information — account details and location information can be used inappropriately by others to find you or access your online accounts. It is important that you understand the risks associated with disclosing information about yourself online and know how to manage both your privacy and online friends.
- Treating online friends as real friends — it's easy for people to lie online, including those who are seeking children and young people for more than a social relationship. Make sure you are careful about how well you really know your online 'friends'.

What are location-based services?

Many social networking sites take advantage of location-based services, which enable users to report their physical location to others via their mobile phone. By using this function, users can physically locate friends and others from social networking sites. Individuals can 'check-in' from a location to let others know their whereabouts.

On some social networking services the location-based functions are turned on by default. To manage these services, and retain your privacy, review your social networking settings to block the function or to limit who sees your location-based information.

Library News

Book Week Success

Thank you to all who supported our Book Week celebrations.

Once again our Book Fair was a great success. We would like to thank the parents, family members and students who purchased books for their family and those who donated books to our library. Donated books are currently being processed and students will be able to borrow them very soon.

The funds raised as a result of purchases will be spent on new books for the children to borrow from the Library.

The Book Parade saw our amazing students proudly parade their wonderful book character costumes. Thank you to the parents and families who put in a great effort for the costumes and everyone that attended as this helped to make Book Week a celebration for everyone.

New Books in!

Real Pigeons 4 - Andrew McDonald

Peski Kids – A Spratt

The Last Kids on Earth – Max Brallier

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

A Huge Thank You!

We are so blessed here at APS to have such a generous community who really get behind everything we do. This week I would like to express my gratitude to Ryan and his wonderful mum, Meagan. They have purchased and donated 90 small canvasses to the Art Room. These canvases will be turned into masterpieces which can be viewed at our upcoming Art Show. Thank you so very much Meagan & Ryan!

A Selfie with My Pet

Photos from students and school staff are really starting to roll in now! Please remember:

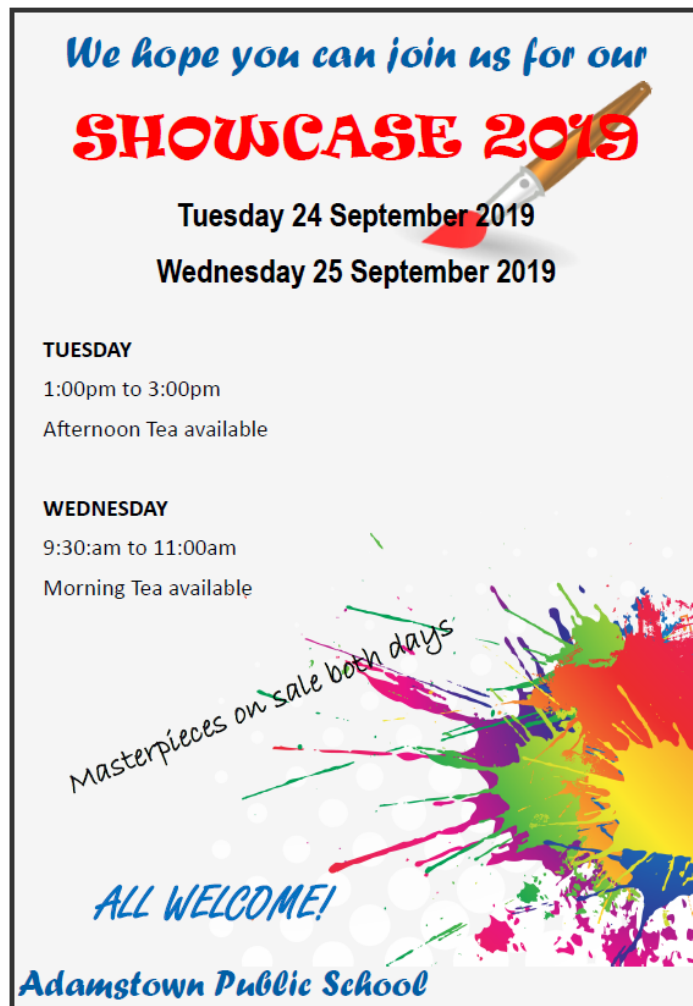
- * Photos can be printed on plain paper if it is easier
- * Photos can be black and white
- * It technically does not have to be a 'selfie' as some students have photos of pets who are no longer with them, that they would love to share at the Art Show
- * If you don't have a pet please feel free to be creative and Photo Shop yourself a pet!

Father's Day Portraits

Father's Day Portraits are looking fabulous! They will be on sale for \$4.00 each at the Father's Day Breakfast this Friday. This year we would like you to take your portrait with you after the breakfast! A number of students have not finished or started their portraits due to illness or additional school activities. I will be seeing these students this week and we will endeavour to get these done!

Art Show

Our Art Show will be held on Tuesday and Wednesday of the last week of this term. All students are working very hard to complete art works. See poster below for further details!



Principal Awards

CORE VALUE: EXCELLENCE



Monique
Achievements in Reading



Max
Achievements in Reading



Bao
Achievements in Reading



William
Achievements in Reading



Lucas
Achievements in Reading



Tashi
Achievements in Reading



Noah
Achievements in Reading



Bella
Achievements in Reading



Evie
Achievements in Reading



Toby
Achievements in Reading



Emily
Achievements in Reading



Loagan
Achievements in Reading



Nikoli
Achievements in Reading



Tyler
Achievements in Reading

Important Dates

THIS WEEK		THIS TERM	
27 Aug	<ul style="list-style-type: none">Stage 1 excursion to Possum Magic	2 Sept	<ul style="list-style-type: none">P&C meeting
29 Aug	<ul style="list-style-type: none">Father's Day stall	3 Sept	<ul style="list-style-type: none">Wrapper Free day
30 Aug	<ul style="list-style-type: none">Premier Reading Challenge closesFather's Day Brekky	4 Sept	<ul style="list-style-type: none">Author visit –Stages 2/3
		5 Sept	<ul style="list-style-type: none">UNSW Science Comp.
		10 Sept	<ul style="list-style-type: none">Yr 4 Roar n Snore excursion
		11 Sept	<ul style="list-style-type: none">Teddy Bear's picnic
		12 Sept	<ul style="list-style-type: none">UNSW Spelling Comp.
		17 Sept	<ul style="list-style-type: none">UNSW English Comp.
		19 Sept	<ul style="list-style-type: none">UNSW Math Comp.
		24 Sept	<ul style="list-style-type: none">Art Show
		25 Sept	<ul style="list-style-type: none">Art ShowBand Link
		26 Sept	<ul style="list-style-type: none">Band Link
		27 Sept	<ul style="list-style-type: none">Last day of Term 3



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.