



# MINDABOOKA

## Adamstown Public School



Week 10 Term 3

24 September 2019

### From the Principal

#### STUDENT ACHIEVEMENT

**Debating: Wow!!!** After yet another successful win at the semis, our **Year 5** debating team qualified for the Newcastle District Train-On Debating Finals. The debate was incredibly close with all four debaters doing themselves and their school proud. Overall APS was placed second in a very competitive field of 28 other schools. An outstanding achievement for Tess, Riley, Emily, Zara and Myles!



Congratulations also to Jasper and Tara from the **Year 6** debating team who were invited to compete at the Hunter Central Coast Regional Debating Team trials. Congratulations!



**Kinder Buddies:** I must say I was very proud of our Year 5 students who took on one of their first leadership roles by supporting our new friends coming into Kindergarten in 2019 at the Teddy Bear's Picnic last Thursday. Year 5 were organised, proactive caring and supportive – just the introduction that our little ones need as they begin their journey to BIG SCHOOL at Adamstown PS. Well done leaders!

**Spring Winds:** Last Friday evening our school band were invited to perform at the Spring Winds Festival at Newcastle's Conservatorium of Music. The students looked and sounded amazing as they entertained the audience with their performance. Our students also had the opportunity to listen & play with The Conservatorium Concert band. Lani's solo trumpet performance of 'Hey Jude' was truly moving. What an evening and congratulations to all!

My thanks to Mrs Mahony, Mrs Louise Gleeson and our wonderful band parents for enabling our students to experience this rich cultural event.



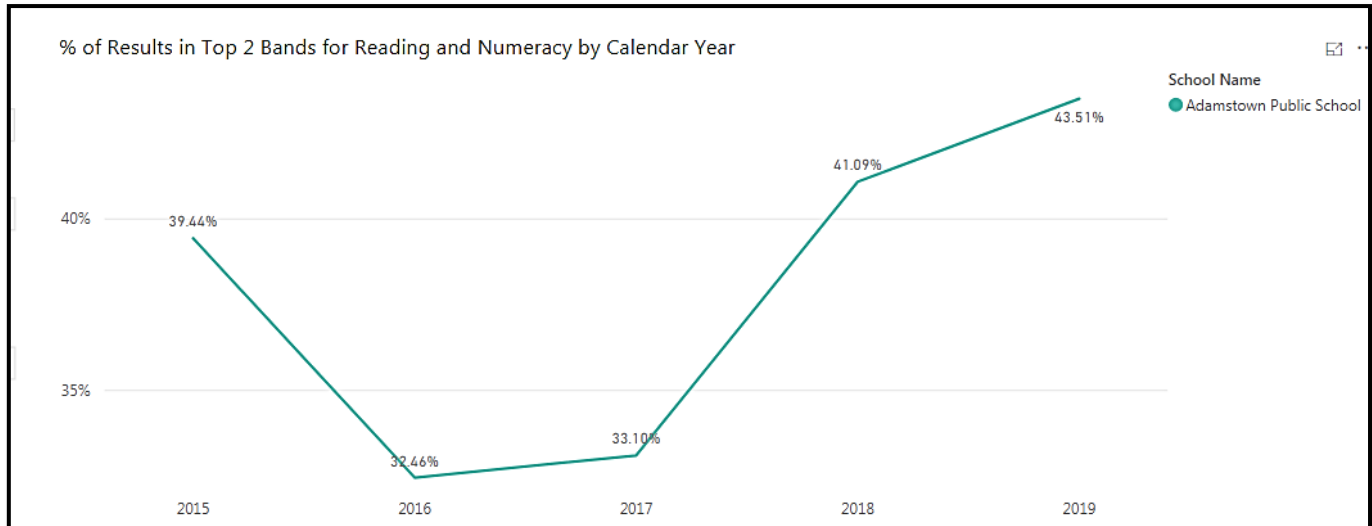
**Principal for a Day:** Who wouldn't want to be Principal of Adamstown Public School? Over the past few weeks interested students from years 5 and 6 have completed a CV and job application addressing specified criteria in line with our You Can Do It! 5 Keys to Success. It certainly was a huge task with 48 quality applications from 5N, 5/6A and 5/6D.

After contacting referees and then much deliberation, Oliver was selected as our 2019 'Principal for a Day'. If you are popping into school this Tuesday and Wednesday for the Art Show, you may well see Principal Farr in action. Congratulations Oliver and all other applicants from Years 5 and 6 for your fantastic job applications.



## NAPLAN ANALYSIS

At APS we work hard each and every day to improve the literacy and numeracy achievements for each and every child. More importantly, this learning needs to be meaningful, transferable and adaptable in our ever changing world. Recently our staff been analysing our 2019 NAPLAN information and we are pleased with the overall results. Our year 3 results are the work of the K-2 teachers in previous years and the year 5 results are a total cumulative result from K-5 teachers. Below is a brief snapshot of the percentage of Year 3 and Year 5 students at our school who have achieved results in the top two bands over the past 5 years. I am very proud of this over all achievement and the continued growth in the number of students in the top two bands indicates that we are directly meeting the needs of our learners. More analysis to come!



It is important to note that NAPLAN is a point in time test that provides a snapshot of learning. Your child's teacher is the best source of information about your child's learning and progression. The individual results of NAPLAN tests were sent home yesterday to students in years 3 and 5. If you wish to discuss these with your child's class teacher, please make a mutually convenient appointment time in the coming week or so.

## MEREWETHER HIGH SCHOOL INVITATION

Parents of Year 5 students 2019 are invited to attend an information session outlining the procedures for applying for entry into an academically selective school for Year 7 2021. This session will take place on 15 October at Bensley Hall, Merewether High School at 4:00pm.

## WHERE HAS THIS TERM GONE?

It has been once again a very busy term for Adamstown Public School; the staff have worked diligently, providing not only great classroom learning experiences, but also the many extra-curricular activities (academic, sporting and cultural) that give every student at APS the opportunity to shine.

Thank you to all our wonderful parents and community members who continue to give our school so much support. I hope all our students have an enjoyable holiday and return refreshed ready for an equally busy final term for 2019.

## TERM DATES

The last day of Term 3 will be **Friday 27 September (Week 10)**. This is an out of uniform day for all students with gold coin donations going to Year 6's end of year gift to the school.

Teachers and all students will return to school for Term 4 on **Monday 14 October**. Please note that there is **No Staff Development Day** at the beginning of Term 4.

If during the school holidays you see or hear anyone causing damage to our school please contact School Security on 1300 880021.

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

**Kym Ross – PRINCIPAL**

## CYBERSAFETY

### Protecting your digital reputation

#### A message from the e-safety commissioner

A poor digital reputation can affect your friendships, relationships and even your job prospects, so it is very important that you are aware of what picture you are painting of yourself online and protect your digital reputation today.

#### What do I need to know?

- Once information makes its way online it can be difficult to remove and can be easily and quickly shared around.
- Images and words can be misinterpreted and altered as they are passed around.
- Content intended for your small group of friends can cause issues when shared with others outside the group.
- You need to consider how you manage both your messages and images and those of others.
- Your privacy settings on social media sites need to be managed in order to protect your digital reputation.

#### Protecting your digital reputation

- Stop and think about any content *before* you post or send.
- Treat others online as you would like to be treated.
- Set your profile to private—and check every now and then to make sure the settings haven't changed.
- Keep an eye on photos tagged by your friends and remove ones that are offensive.

Remember your online information could be there forever and your personal information may end up being seen by people you don't know, including potential employers.

#### Can you clean up a digital reputation?

Cleaning up your digital reputation can be a difficult task but it is not impossible. You may not be able to erase the past, but you can build a better image of yourself online over time. There are thousands of online articles that can provide you with excellent guidance on how to go about cleaning up your digital reputation.

## ROAR N SNORE EXCURSION

From Mrs Mahony, Mr Downing and myself would like to thank Year 4 for their company on our recent excursion. Parents and carers, we were so proud of the maturity, enthusiasm and behaviour of all of our students on camp, they did you, us and our school very proud. We received compliments at each of our venues about the exemplary way every student conducted themselves. Congratulations Year 4!

We had a busy two days starting at the NSW Art Gallery and having a nice lunch in the park before heading over to the Museum of Applied Arts and Science (Powerhouse) for a walk around. The Wiggles exhibit was a huge hit and we enjoyed a boogie with the wiggles before heading off to Sydney Aquarium. From there, we did a little bit of sightseeing around Sydney and headed to Taronga Zoo for 18 hours of fun!

Some of our highlights from the trip included the beautiful artworks we were able to see, abstract and histrionically famous by artists such as Sidney Nolan and Frederick McCubbin. We enjoyed drawing in the art gallery and creating our own artworks. The penguin exhibit at the Sydney Aquarium was incredible and the touch tank was loads of fun!

The highlight had to be our sleepover at Taronga Zoo where we were serenaded off to sleep by the melodic tones of the seals who were located adjacent to our tents. Those seals played right throughout the night and sounded like they were having an amazing time! The seal show the following day was incredible and we watched the bird show whilst we ate our lunch which we loved before heading up to board the bus and return home.



Lots of snoozes on the bus on the way home seemed to be the order of the afternoon.

Mrs Neilands  
Excursion coordinator



## TEDDY BEAR'S PICNIC

On Thursday 12<sup>th</sup> September, our 2020 Kindergarten friends with their teddy bears enjoyed the beautiful Spring weather by having a picnic with the Year 5 students. The day consisted of playing on the equipment, running races, teddy bear drawing and an exciting trip to the canteen to get a packet of tiny teddies.

Ms Wenham and Ms Littlewood were blown away by the enthusiasm and support from the Year 5 students involved. Everybody is excited to see the new Kinder students next term.





[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

## Choose water as a drink

Drinking water is the best way to quench your thirst. Even better, it doesn't have all the extra sugar found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters.

It's okay to have sweetened drinks sometimes – but not every day.

Did you know that 250ml of fruit juice or soft drink contains the equivalent of approximately 6 **teaspoons of sugar**? Add it up: if one teaspoon contains 4 grams of sugar, just one drink a day puts almost an extra 9 kilograms of sugar into your system every year!

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### Why drink water?

- ★ It helps prevent decay and holes in your teeth.
- ★ The fluoride found in tap water in most areas helps you develop strong teeth.
- ★ Tap water costs a whole lot less than other drinks.

Often we don't feel thirsty, even when our bodies need fluid. That's why it's a good idea to drink water regularly during the day, and especially when it's hot.

It's also important to make sure you drink water before you play sport or games. Drink plenty afterwards too so that you make up for what you've lost through sweating.

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"About two-thirds of the human body is made up of water."



### Water and your body

- ★ About two-thirds of the human body is made up of water.
- ★ Water helps control your body temperature, carries nutrients and oxygen to cells, cushions joints, protects organs and helps to remove wastes.
- ★ Water is lost from the body through sweating, breathing and going to the toilet.
- ★ Dehydration – or not having enough fluid in your body – can cause headaches, tiredness, crankiness and poor concentration.

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### How much should I drink each day?

**All children 4-8 years** - 1.2 litres per day or about 5 glasses

**Boys 9-13 years** - 1.6 litres per day or about 6 glasses

**Girls 9-13 years** - 1.4 litres per day or about 5-6 glasses

Remember, you need to drink extra water on hot days and during moderate or vigorous activity.




An initiative of the NSW Ministry of Health, NSW Department of Education and Communities and the Heart Foundation.



**\*\*Remember to place your plastic bottles in the recycle tubs at school.\*\***

## Library News

### Premiers Reading Challenge

The Premiers Reading Challenge is now complete. Congratulations to our students for their dedication toward reading and finishing the challenge.

### Library Awards

Nicole S 2/3M  
Jarvis R 2N  
Huon S 1J  
Layla T 1C

### New Books in!

Toy Story 4 – Disney  
Now that's a Hat – McKenzie  
School Jokes - M Dahl

### 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

*We hope you can join us for our*  
**SHOWCASE 2019**  
Tuesday 24 September 2019  
Wednesday 25 September 2019

**TUESDAY**  
1:00pm to 3:00pm  
Afternoon Tea available

**WEDNESDAY**  
9:30:am to 11:00am  
Morning Tea available

*Masterpieces on sale both days*

**ALL WELCOME!**

**Adamstown Public School**



### *Tickets*

50c each or 3 for \$1

## Principal Awards

### CORE VALUE: CO OPERATION



#### **Zara**

Zara is a strong team leader and a kind friend. Zara is enthusiastic about everything she does and has a genuine love for school.

### CORE VALUE: RESPONSIBILITY



#### **Kane**

Kane has embraced leadership opportunities by being kind, helpful and a great support to teachers and his peers in the playground.



#### **Cohen**

A fine role model for his peers by being helpful, responsible and proactive during the Roar n Snore excursion.

## CORE VALUE: RESPECT



### Benny

Benny is always kind to his peers, and respectful and well-mannered towards his teachers.



### Emerson

Emerson is a very respectful student who accepts others for who they are and always treats others with kindness.

## Important Dates

### THIS WEEK

- |         |                           |
|---------|---------------------------|
| 24 Sept | ▪ Art Show                |
| 25 Sept | ▪ Art Show                |
| 27 Sept | ▪ Last day of Term 3      |
|         | ▪ Soccer/Netball Gala day |



### NEXT TERM

- |        |                                 |
|--------|---------------------------------|
| 14 Oct | ▪ School Resumes                |
| 23 Oct | ▪ Band Fest                     |
| 24 Oct | ▪ Yarning Circle                |
| 25 Oct | ▪ World Teacher's Day           |
|        | ▪ Kinder Oakvale Farm excursion |

## Collecting Now

- Stage 3 Bathurst
- Band Fees
- Gymnastics