

Newsletter to Parents

SINGLETON PUBLIC SCHOOL



Find us at: 8 Hunter Street, Singleton NSW 2330
Phone: (02) 6571 2250 Fax: (02) 6572 3076

Enter to Learn
email: singleton-p.school@det.nsw.edu.au
website: www.singleton-p.schools.nsw.edu.au

Week 4 Term 2

QUALITY RESPECT RESPONSIBILITY

17 MAY 2017

Canberra Excursion

As you read this week's newsletter I am travelling with Year 6 on the annual excursion to our nation's capital, Canberra. Our explorers had an early start on Monday with a 6.00 am departure and will arrive home on Friday evening. Parents are reminded to follow the progress of the return trip on the school app.

Throughout the week, our students will be studying our political system, Australian history and international relationships; as well as having some fun visiting places such as the Australian Institute of Sport and Questacon.

South Korea School Visit

Our school has joined in a 'sister school' relationship with Nabeup School, Jeju Island, South Korea. On a regular basis students from Mr Ison's 5/6 class are engaged in video conferences with a class from Nabeup looking at the differences and similarities in our cultures, schooling system and countries.

As a part of the partnership, eleven students and two staff from Nabeup School will be visiting our school in early Term three. This will be a wonderful experience for both our students and the students from Nabeup. More details will come as we get closer to the visit.

Enrolments 2018

Our books are now open for enrolments for Kindergarten 2018. If you live in zone or have a sibling attending our school it would be helpful if you could contact the Office to express your interest. By registering early you and your child will not miss out on information reminders that will go out. If you have friends or neighbours interested in enrolling please ask them to also contact the school office to ensure that they live in our enrolment zone.

David Crowe
Principal

Year 6 pictured at Parliament House on Monday



Education

Calendar of Events

Mon-Fri 15 - 19 May	Year 6 Canberra Excursion
Thursday 18 May	Jump Rope for Heart presentation
Tuesday 23 May	ICAS-Computer Kirkland Cup at Cook Park Under 10's and Opens
Friday 26 May	PSSA Girls Netball to play KSPS at Rose Point Park PSSA Rugby Union Hunter Trials 9.30 am at Gateshead
Tuesday 30 March	ICAS-Science
Friday 2 June	Eat it to Beat it seminar in the Library from 9.30 am to 11.00 am
Monday 5 June	School Photos - full school uniform. Return photo envelope on the day
Tuesday 6 June	Knights Competition U/10s Rugby League
Wednesday 7 June	P&C Meeting 6.00 pm in school library
Friday 9 June	Hunter Life Van note and payment due back to school
Monday 12 June	Queen's Birthday Public Holiday
Wednesday 14 June	Life Education Van
Thursday 15 June	Life Education Van Science Day at Muswellbrook -to be confirmed
Friday 16 June	Life Education Van Science Day at Muswellbrook - to be confirmed Year 3 Outdoor Experience deposit due

This weeks assembly will be presented by 4Z at the starting time of 12.45 pm.



Bryan Palmer Shield 2017 – Under 12s Rugby Union Gala Day

Congratulations to the students who participated in the Bryan Palmer Shield Rugby Union Gala Day on Monday, 15 May at Marcellin Park, Lorn. As our Year Six students were away in Canberra, our representative team consisted of Year Five students, with the exception of Lachie who stepped up from Year Four.

Our team played 3 games on the day. The first match was against The Junction Public School and was a very evenly matched game with commendable efforts from all the players.

The second game was a hard fought game against East Maitland Public. Singleton's passion and enthusiasm keep the spectators on the edge of their seats right until the final whistle but unfortunately we went down one try to nil.

In our final game we faced a well-drilled team from Bolwarra Public School. Our boys worked hard to combat Bolwarra's size and experience in both attack and defence. Our boys showed great spirit and sportsmanship despite going down 3 tries to 1.

The referees and the Bolwarra and The Junction coaches all applauded the efforts of our team on the day. All commented on the spirit and skill our team showed in all matches.

We would like to say a big massive thank you to Mr Anthony Partridge who coached our team on the day and Mr David Foster and Mr Matt Duff who helped us with our training sessions. We really appreciate having such skilled and passionate people dedicating their time to assist our development. A big thank you also to the parents who assisted with transport and supported the team with such great encouragement. Without you our representative days would not be possible.

Well done boys. We are so very proud of you all.

Mrs Foster
Organising Teacher

Pictured Right

1st row: Charlie, Hugo, Hamish

2nd row: Max, Tom, Tyler, Joshua, Liam, Lachie

3rd Row: Jett, Jesse, Lachlan, Bill, Hugh, Tah, Harry, Nick

Coach- Mr Anthony Partridge.



New Volleyball Equipment for Singleton Public School

As part of the Sporting Schools Program, Singleton Public School has received funding to purchase new volleyball equipment.

The equipment includes new balls, carry bags, line markers, whistles, net and net posts. The outdoor kit allows an outdoor court to be setup on grass.

"I can't wait to have a game of volleyball on our new oval," Hamish said.

A big thank you to Mr Crowe, Mr Ison and the office ladies for their work in organising this new equipment.

Pictured opening the new equipment: Ava, Hamish and Josephine



 **Nutrition Snippet**

The simplest way

...to choose the best lunch box drink.

When it comes to packing a lunch box drink, water is the best choice!

Milk is a great drink too – add a plain milk popper to the lunch box as well to give kids a calcium boost.

Drinks such as fruit juice, cordial, flavoured mineral water, soft drink and sports drinks are high in sugar and low in nutritional value. So limit or avoid these drinks.

It is best to only drink juice occasionally and it should not be packed in the lunch box. Avoid “fruit drinks” as these are just sugar water and a little juice.

Remember, water is essential so make sure you pack a bottle of it in the lunch box every day.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit





Canteen Roster - Week 4 Term 2 2017

Mon 22/5/17	Teagan Hartcher, Di Cooke (when available)
<i>Canteen opened until 12.00 pm on Mondays</i>	
Tues 23/5/17	Lynda Damstra, Lesley Evans
Wed 24/5/17	Sarah Land, Melissa Muddiman, Julie Thomas
Thurs 25/5/17	Nicole Furness, Kylie Broadbent, Cara Roohan
Fri 26/5/17	Paula Stokes, Jen Andrews, Melinda Grant, Kristine Lawrence
Please advise the Canteen if you have any changes to your rostered day.	

Uniform Shop

The Uniform Shop has now relocated to Lowes at Singleton Square. They are currently selling uniforms in-store and have now introduced an online ordering system at <http://www.lowes.com.au>.

Positive Behaviour for Learning – PBL Post-It

Every fortnight our school focuses upon a new behaviour to reinforce our school values of RESPECT – RESPONSIBILITY – QUALITY. All classes engage in small discussions about the various behaviours and students are rewarded for acting in an appropriate manner. This fortnight's focus is:-

“ Moving in a responsible way ”

Parent Online Payment Advice - send to school office

Student Name: _____ Class: _____
 Total Paid: _____ Date: _____
 Description of Payment: _____

Online Payment Receipt number: _____

Where applicable, please ensure that you also send the permission note back to the class teacher.

Singleton Pubic School Details

Phone	02 6571 2250
Fax	02 6572 3076
Principal	David Crowe
AP ES1	Christine Launders
AP Stage 1	Katrina Hackett
AP Stage 2	Rachel Nichols
AP Stage 3	Robyn Edgar
P&C Meetings	First Wednesday of the Month

Bell Times

8.40 am	Play
9.10 am	Morning Muster - class time
11.10 am	Eating in Class
11.20 am	Lunch 1
11.40 am	Lunch 2
12.00 pm	Middle session
1.30 pm	Recess
2.00 pm	Afternoon session
3.10 pm	Home

Eat it to Beat It

The school is holding an Eat it to Beat free Fruit and Vegetable Sense Workshop on Friday, 2 June at 9.30 am to 11.00 am. This free workshop is run by the Cancer Council NSW. They will help you save time and money, making healthy meals and clever ways to entice fussy eaters. If you are interested in attending this workshop please RSVP to the school office by Wednesday, 30 May.

School Photos

In 2017 John and Tanya Parmenter will once again be taking the Singleton Public School School Photographs. They are members of a national group (MSP Photography) of highly successful photographers committed to providing professional photography and personal service at a competitive price.

MSP Photography use a pre-pay system for their photographic services either cash (correct money only) or you can also make online payments to MSP (see the instructions on the photo envelope for full details). A personalised envelope was sent home to students, giving you the opportunity to order and pay for your children's photographs before they are taken. Please check your child's details are correct and that names are spelt correctly – make any changes in red. They offer a 100% money-back guarantee if you are not completely satisfied with the photographs.

The personalised photo envelope needs to be filled in correctly, payment enclosed or receipt number from online payments written on the envelope, **and returned to school on the Photo Day Monday, 5 June 2017 (Week 7, Term 2).**

Please do not misplace the envelope as it contains a shoot key that enables you to order and pay for the photos online and a barcode for the photographers to scan on the day.

The correct money for each student should be placed in their individual envelope. However, payment for all students in a family can be placed in one envelope. It is important that each member of the family hands in their own personalised envelope to the photographer - one order per envelope please. If you are including one payment for the whole family, the photo envelopes have a section towards the bottom of the envelope to include this information (eg "This envelope is empty, payment is enclosed with Joe Smith, 5E").

If ordering more than one package of photos or class photo, please indicate clearly by adding the number required next to the appropriate box. (eg x 2).

Family/sibling photo envelopes are now available from the school office. These envelopes will also need to be returned to school on the photo day. The family photos are for Singleton Public School students only.

Group photos will be taken on the day for our Student Council, School Leaders and School House Captains and Vice Captains. These photos are often before school and the children involved will be advised. The photos will be able to be ordered approximately 4 weeks after the school photos. An order form will be sent home once they are available to order with the student's name on it and a notice will also appear in the school newsletter.

Please note: the school office or canteen does not handle change or money for photo day so the correct money is essential.

Full school uniform must be worn by all students, including navy socks and black shoes.

Overdue Library Books

Last week the library sent out reminders about outstanding library books. Overdue notices are sent out with the students every three weeks as a reminder to return any overdue library books. There is currently a large number of books outstanding, with some dating back to 2015. Therefore can parents and carers please ensure that any overdue books are returned as soon as possible to avoid paying extra costs to replace the books.

Cancer Council NSW **The simplest way**
to improve the health of your family and save money

Come to our FREE Fruit & Veg Sense Workshop

Date: Friday, 2nd June 2017
Time: 9:30am-11:00am
Venue: Singleton Public School

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This **free workshop** run by Cancer Council NSW will show you how you can easily:

- Save time and money making healthy meals
- Learn clever ways to entice fussy eaters
- Get a free recipe book simply by attending

Don't miss out – registration is essential. To book your place please register no later than 30/05/17 by:
Calling or visiting the school front office or register online at www.cancercouncil.org.au/eatittobeatit/register

Eat It To Beat It

Head Lice

The school is experiencing a problem with head lice in some classes and we ask that all parents check their children's hair.

Please check your children's hair regularly and if you suspect anything please see your local pharmacist for advice on the correct treatment. Head lice are a regular occurrence in schools and are not a problem if treated quickly and efficiently. Even if children only have eggs they should still be treated.

Year 3 Outdoor Education Excursion

The Year 3 major excursion for 2017 is a 2-day (over-night) trip to Outdoor Education in Morisset. The excursion supports and enhances our study of PD/PE/Health, as well as contributing to all other areas of development.

During the excursion we are hopeful that the following activities will be available (weather permitting):

*High Ropes *Multi Climb *Night Activity (Country Fair) *Giant Swing *Archery *Bush craft *Bush walk

Travel is by bus which will depart at 9.00 am sharp on Thursday, 14 September and return to school by 3.00 pm on Friday, 15 September. Full information packs will go home closer to the date of the camp. We welcome you to go online and find out more information at; <http://www.outdoorednsw.com.au/morisset/>.

Approximately 60 students and 2 staff will attend the excursion. Due to limited accommodation facilities, we will only be able to take parents whose child's medical needs require them to be present.

APPROXIMATE COST:\$185.00 (Balance of \$135 can only be accepted in Term 3, please see details below.)

This includes: coach travel, accommodation, programmed camp, qualified staff organising and managing camp activities, night activities, meals provided from Lunch on Day 1 to Lunch on Day 2.

To secure a place, students are required to pay a non-refundable deposit of \$50.00, which needs to be paid by 12:30 pm on Friday, 16 June. If no deposit is paid by the due date it will be assumed that your child will not be attending.

Please note: Deposits of \$50.00 ONLY can be taken in Term 2. Please do not make any extra payments for this excursion until the new LMBR finance system is in operation at the beginning of Term 3.

PAYMENT: The balance of money owing needs to be paid to the office by 12.30 pm on Wednesday, 30 August. Parents experiencing financial difficulty are encouraged to speak with their child's teacher or Mrs Burns at the office with regards to the Student Assistance Program. All discussions are private and confidential.

Student Health – Hand, Foot and Mouth Disease

There has been reported cases of Hand, Foot and Mouth Disease (Coxsackievirus) within the school community. Hand, Foot and Mouth Disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness. Good hygiene helps prevent infection. Please see the facts below taken from the NSW Government Health website:-

What are the symptoms?

Hand, Foot and Mouth Disease may have no symptoms at all or only very mild symptoms. When symptoms do occur, they include blisters that start as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, sides of the tongue as well as on the hands and feet. Blisters usually last for seven to 10 days. Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two. Very rarely, the coxsackie viruses can cause other illnesses that affect the heart, brain, lungs or eyes.

How is it spread?

Hand, Foot and Mouth Disease is usually spread by person-to-person contact ie, contaminated hands, secretions from the mouth or respiratory system and direct contact with the fluid from blisters. It usually takes between three and five days after contact with an infected person before the blisters appear.

How long do children need to be excluded from school?

Please exclude children from school until all of the blisters have dried.

P&C Uniform Shop

Last week the P&C sent home to each family a Uniform Shop order form for polo shirts. Please return these orders to the Canteen with cash or payments can be made by direct deposit to the P&C. Please do not use the school's online payment system. The P&C has no EFTPOS facilities. Shirts are \$27.00 each. Once orders and payments have been received the shirts will be delivered to your child's class.

Nicole Furness

P&C President/ Uniform Shop Coordinator

School Uniform

There has been an increasing number of students coming to school and not wearing their full school uniform. The school uniform includes BLACK shoes - either joggers or school shoes. Please ensure your child adheres to this policy.

Our school uniform policy has been formulated to encourage all children to wear their school uniform with pride. The whole school community expects that all students will wear the school uniform every day. In this regard, parents have an important role in overseeing what their children wear to school. A navy school hat is part of the school uniform. All items of uniform, are available for sale at Lowes in Singleton Square or you can purchase hats from the Canteen.

Kindergarten Enrolments 2018 Open

Is it becoming time for your child to commence their school education? The school is now able to register names of all siblings and family members for Kindergarten 2018. If you would like to start your child at Singleton Public School next year, please do not hesitate to contact the school office to record your interest.

Full details of information evenings, transition days and enrolment forms will be sent out in Term 3 to all names on the school's register.

Parking in Staff Car Park

The school's staff car park is also used by the taxi's dropping off and collecting our students from the Support Unit as well as parents of Support Unit students. It is not to be used by any other families unless prior consent is given by the School Principal. There is also **no pedestrian access via the staff carpark**. This is because the safety of our school community is paramount.

Your Kids & Media



Children and young people have access to lots of social media, TV, movies and games.

While the wonderful array of content available offers many positive learning opportunities, there is some content that may have **potentially harmful effects** on young people.

Keeping an eye on what your child is accessing and any changes in their behaviour is a good way to help avoid any long-term worries down the track.

What can you do?

- Talk with your child about what they're seeing in the media.
- Talk about what they think and feel about what they see.
- Think about how it affects them and their opinions and beliefs.
- Let them know it's OK to talk with you about anything - you will be there to listen.
- Be aware of any changes in your child, like:
 - Are they quieter or retreating from things they normally love to do?
 - Is their behaviour more aggressive?
 - Do they appear sad, upset or isolated?
- Talk with them about any changes you've noticed in them.
- Let them know that we all experience changes in how we feel at different times and it's OK. It's OK to be sad, angry, upset or annoyed - any emotion is fine. It's how we manage this that's important.
- Give them your undivided attention when they're talking with you.
- Let them talk at their own pace and share as much or as little as they can. It can sometimes be hard for a child to express what they're feeling.
- Ask direct questions, e.g. If you're concerned about their safety, ask:
 - Is someone hurting you?
 - Are you thinking of hurting yourself?
- Reassure them that help is always there.
- Let them know that there are services like Kids Helpline they can talk to.

Talking with KHL can help. We're here for you 24/7. Any time. Any reason.

1800 55 1800 or www.kidshelpline.com.au

Kids Helpline is a service of yourtown




Delivering the NDIS in your community

Are you currently being supported by a Local Area Coordinator?



Participant Drop-in Mornings

If you are currently in contact with an LAC, we would like to invite you to attend any of our weekly drop-in mornings. Please come and have a cuppa with your local team and discuss any issues or questions that you may have about:

- Understanding your Plan
- Setting up myGov account
- Connecting to community and mainstream supports
- Any other questions related to your plan

No appointment needed - just drop in!

Fridays - 28 April, 12 May, 26 May and 2 June 2017
10.00 am to 12.00 noon
Singleton Youth Venue
Cnr Pitt & Bathurst Streets, Singleton

Enquiries: Joanna Wade 0432 003 254 or Sue Shilcock 0432 003 256

ndis.gov.au

Congratulations to our assembly award winners for Term 2, Week 3 2017

CLASS AWARD RECIPIENTS K - 6

Assembly Awards

KM	Adyson Blake	KL	Harvey Rorie
KS	Macey Rosie	1F	Hannah Nicalais
1LS	Aiden Carter	1H	Eric I Anthony
2J	Ashton Connor	2L	Kadah Harry
2PD	Jaxon Tayla	3A	Alisha Oscar Leo
3N	Jazz Logan Amelia	4B	Chloe Riley Phoebe
4Z	Jacob Chloe Cooper	4/5S	Regan Jack Gemma
5/6I	Gillian Jason Jack	5E	Tom Kaitlyn Jeremy
6D	Adam Sofia Emma	6M	Max Jordan Max
7B	Dre, Anakin	7W	Duke

Singleton Stars

Early Stage 1	Matilda	Early Stage 1	Will
Stage 2	Jordan	Stage 2	Amber

Super Citizens

KS	Eloise	4/5S	Gemma
1LS	Jamila	5E	Abbie
2PD	Sabine	6D	Samuel 7W Lila

Class Award: Congratulations to Year 6

In 2L we used shells to create our Mother's Day masterpiece and wrote messages in a bottle to give to our Mother's.

