

Newsletter—Abermain Public School



Len Boughton
Principal



Term 2 Week 6 - 26 May 2010

Dear Parents

Performances

Congratulations to students from Abermain who performed at Nulkaba on 14th May. Our rock band performed and wowed everyone with a standout performance. The band consisted of Matthew Barnett and Lachlan Burns on guitars, Joshua Welch on bass and Harry Stewart on drums and vocals. The band was followed by the Cessnock District Primary Choir where Abermain was well represented by Remi Brown, Bree Doubleday, Coriee Foster, Ashley Palmer and Katheryne Wigley. Their singing was top quality.

Athletics Carnival

A decision will be made on the Athletics Carnival tomorrow. A separate note will be sent home.

Netball Gala Day

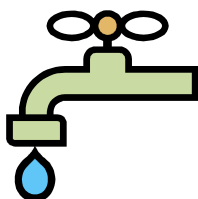
Due to the rainy weather the Netball Gala Day was cancelled this morning. We will let students know when an alternate date has been organised.



Regional Cross Country

Zoe Ford, Kyle Gillis and Tyson Latham will take part in the Regional Cross Country at Walka Water Works on Friday 28th May. Good luck.

Eco tip



Did you know? Australians are among the highest water users in the world. What can you do? Turn off the tap while cleaning your teeth – you can save around 5 litres of water every time. More tips at www.livingthing.net.au

Internet safety tip

Stranger danger is online too

Ensure your child never organises to meet up with any strangers that they have met online. If they really want to meet up, encourage them to talk to you about it first and insist on going along with them. Remind your children to also be wary opening emails from strangers too. They could contain spam (online junk mail), a virus (which will harm your computer), or be from a stranger looking for trouble.

I strongly recommend that parents monitor their children's internet access at home. More tips at www.schools.nsw.edu.au/click

TIPS FOR PARENTS

Snack ideas

- Muffins - make with added mashed or diced fruits or grated vegetables.
- English muffin + cheese.
- Fruit loaf
- Scone - plain or fruit or pumpkin
- Pikelets
- Pita chips - cut pita bread into triangles, sprinkle with grated cheese and bake in moderate oven until crispy (store in airtight container).
- Homemade pizza - Lebanese bread + tomato paste + veggies + cheese.
- Wholemeal crackers + slice cheese.
- Small tub yoghurt - keep this cold with an ice-brick and an insulated bag.
- Cheese sticks.

More ideas at www.meerilinga.org.au

Encourage everyday physical activity

What you can say to your child to get them active:

- 'It's time to play outside now.'
- 'Rex needs some practice fetching. It'd be great if you could go outside and throw the ball to him.'
- 'Let's walk to the shop to get the things we need for dinner.'
- 'Wow, you've been jumping on the trampoline for ages.'
- 'Keep going. Your sandcastle is getting so big.'
- 'You did a fantastic job pulling the weeds out of the garden. It's great when you help.'
- 'You rode a really long way today on your bike – well done.'

More ideas at www.raisingchildren.net.au



Remember to check out Abermain Public School website for new photographs and use the calendar to keep up to date with what is coming up at Abermain Public School.

Quality Work shared with Principal

The following students have visited the Principal recently to show their work.

Jordan Bajada
Dustin Barnett
Shara Gibson
Brianna Hall
Tom Reading
Justin Leggett
Ellie Mitchell

Jasmin Bilton
Mikayla Jeffcoat
Amity Rockley
Shelby Hancock
Brayden MacFarlane-Walker
Lee Henry Austin

Adam Gilbert
Luke Watts
Krystal Dent
Joshua Robertson
Luke Watts

Recent PBL Badge Winners

Ben Hall

Koston Love

The WIZARD of OZ

Our 3-4T student *Ellie Robinson* appears in this musical show at Maitland Town Hall. Bookings available through Maitland Visitors Centre on 4931 2800.

Wednesday 26/5/10—8 pm

Saturday 29/5/10—8 pm

Friday 28/5/10—8 pm

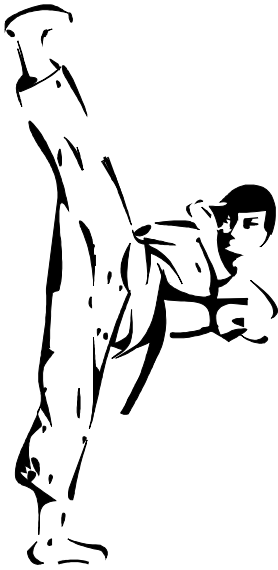
Sunday 30/5/10—2 pm



COMMUNITY NEWS

Abermain OOSH

Quality Out of School Hours Approved Child Care
Permanent or Casual Bookings
Fun Activities—Healthy Snacks Provided
To enrol or book your place please contact:
0417437869 or 0405165086



Shim Jang Taekwondo

Every Monday and Wednesday
5.30 pm to 6.30 pm
At Abermain Public School Hall
All welcome
Contact—Robert Pearson
4930 8010 for more information.