

## SAFE RESPECTFUL LEARNERS

### DATES FOR YOUR CALENDAR

#### 16th May

Assembly—(Athletics Carnival Awards)

#### 18th May

Cyber Safety at School and Home

#### 19th May

Zone Cross Country

#### 20th May

K-2 Fire Brigade Visit

#### 24th May

PSSA Soccer Knockout Competition

#### 26th May

Public Speaking Finals

#### 30th May

Stage 1 Tocal Farm Visit

## STAR STRUCK

Congratulations to the wonderful 16 students who are beginning to work really hard for the upcoming shows. On Monday we had our first rehearsal and they did an amazing job. It was a pleasure to take such well-behaved and respectful students out of the school. Keep up the great work girls!

Tickets for Star Struck are now available to purchase from the Newcastle Entertainment Centre. Our girls will be located at the front of the stage, in the middle for their dance. So when purchasing tickets keep that in mind.

## This issue:

Athletics Carnival

PSSA Soccer

Sensory Play Space

Digital Day Out

Star Struck

Interrelate

Early Stage One— Healthy Choices

Clever Kids

PATCH

Stories

Numeracy at Home





## PRINCIPALS REPORT

Congratulations to all of the students who have completed the NAPLAN testing this week. It was inspiring to see the students 'Doing their best'. Well done to you all!

Mother's Day celebrations last week were very successful. We had a large number of mothers attend the afternoon tea and joining the children for fun on the fields. I hope all the mums got spoilt last Sunday.

This week the staff have been presenting Community Workshops for the parents/carers to learn about teaching strategies and what is happening in each classroom. This is an activity that will continue each Term during Week 3. I encourage parents/carers to attend these sessions to assist with the development of each student in our school. If you missed these sessions please contact the class teacher and arrange a time to meet with them.

On Wednesday 25th May, 2016 between 2:30pm—3:30pm, I will be hosting "Coffee and Chat" on the grass area outside the Stage 3 classrooms. This is an opportunity for community members to provide feedback to our school. I am happy to hear positive and negative comments about our school. Through this communication we can focus on making our school a better place for everyone. So come along and have a free coffee or cool drink and chat with staff.

The Annual School Report has been posted on the school website. This report is an account of the schools progress throughout 2015 and the next steps provide direction for 2016. I encourage all parents/carers to have a read.

The school is offering a fantastic program called "Interrelate". This program explores the development of the child's body as they grow and mature into young men and ladies. The "Interrelate" program is a great way to start the conversation about puberty and how our body changes. I encourage Stage 2 and Stage 3 parents/carers to consider enrolling in this program. More information is contained in this newsletter.

This week I have spoken to all classes about the respect of school property. Unfortunately, there are times when students do not respect the schools property and it becomes damaged as a result of their inappropriate actions. I have indicated to the students that the cost of the repair and/or replacement of these damaged items may not be covered entirely by the school. I may pass a cost onto the parents/carers and students if required. If you have any concerns or questions about the schools approach to improved respect please contact the Principal.

Ian Lamph



## SPORT

### ATHLETICS CARNIVAL

Congratulations to all children who participated at our School Athletics Carnival held last Friday 6th May.

#### Age Champions

|                 |                    |                |            |
|-----------------|--------------------|----------------|------------|
| Juvenile Girls: | Chelsea D          | Juvenile Boys: | Angus S    |
| Junior Girls:   | Jazlyn L           | Junior Boys:   | Mitchell B |
| Senior Girls:   | Breanna B/Amitee C | Senior Boys:   | Nicholas T |
| Winning House:  | Edgeworth          |                |            |

### PSSA SOCCER

On Tuesday 24th May, 2016 Abermain Boys Soccer Team will play Pelaw Main in our round of the State PSSA Knockout Competition. The game is to start at 9.30am at Abermain Soccer Fields, Orange Street.

Unfortunately we were not able to form a Girls team due to lack of numbers.

Good luck boys!

## LIBRARY

Stage 1 students will have the opportunity to attend an author talk with Ursula Dubosarsky on Thursday 26<sup>th</sup> May in our school library. Students will be entertained by this award winning author, and have the opportunity to purchase a book and have it signed by Ursula on the day. A price and title list will be available shortly if this is something you are interested in.

We would like to thank **Branxton Preschool** who donated a book, “My Mummy has Cancer” by Lyndsey Clark, to our school library. This is a special book written by Lyndsey who was suffering from terminal cancer and wanted a picture book to share with her daughter. This book will be available to borrow from the library in coming weeks and is one of the books from our collection that deal with big issues in a sensitive manner for children. If you have any requests for books to be added to our collection please don’t hesitate to talk with Miss Craig.

There have been some questions regarding Book Club and when it should be returned to school. We no longer stamp the Book Club due date, due to time restraints and now books are all the same, so there is ease of ordering. Book Club orders will now be placed in **Week 3** and **Week 8** of each term. Orders can be placed online through ‘LOOP’ or you can order from the catalogue and return the order form and money to the front office by Tuesday of these weeks. Orders will be placed on a Thursday and no late orders will be accepted.



## DIGITAL DAY OUT

Year 6 recently visited the University of Newcastle for a 'Digital Day Out'. Thank you to the parents/carers and grandparents who came along and joined in the fun; it was a great day. We had a tour through the university, enjoyed an inspiring speech from a Doctor of Mathematics, and used the latest in low-cost device technology for all ages to explore computing and how to program.

*"The Digital Day Out was the best experience of my life ... we got to play with Eddison, a technological car-type robot that you can program to follow your commands" - Zack.H*

*"The uni was so big! There were at least 30 different buildings in the uni. It was like a community. There was even Subway and restaurants, it was awesome!" - Brayden. G*

*"I enjoyed using the Makey-Makey. It is a device with a pad that has alligator clips; you clip one end to the Makey-Makey and the other end to something you can touch. We used the Ipad to play games with it." - Amity. R*

### "STORIES"

***Our last week  
of Stories will  
be next Friday  
20th May, 2016***



## INFANT MASSAGE CLASSES

1 hr a week over 5 Weeks

HELP YOUR BABY TO  
RELAX AND FEEL  
SECURE THROUGH  
TOUCH

Infant Massage.....

- \* Improve your baby's sleep
- \* Relieve colic or tummy pain
- \* Promote optimal motor skill, neurological & Sensory Development
- \* Learn to communicate with your baby through body language
- \* Enhance attachment and bonding
- \* Build a connection between you and your baby with proven techniques used by health professionals worldwide for decades



Wednesdays 10.30-11.30

June 1st - June 29th, 2016

Hosted by - Koe Nara, Cnr Rawson & Quarrybylong Sts,  
Cessnock

COST - Free

BOOKINGS ESSENTIAL - Contact: Paula Hartigan  
BHSc (Occupational Therapy) Certified Infant Massage Instructor (IAMI)  
M: 0401 734 966 E: info@nurturechild.com.au







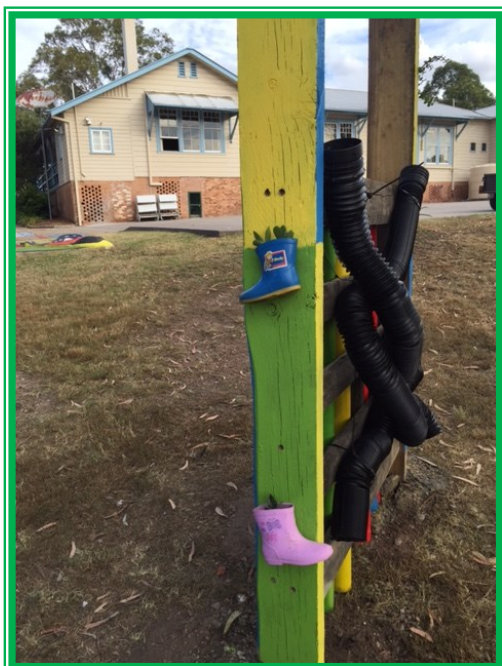
## SENSORY PLAY SPACE

Keen eyes may have noticed a few new additions to the playground.

The Sensory Play Space is still a work in progress at the moment, but has been created for all students to have some fun and explore different senses in a creative way. This was created using a grant from Cessnock City Council and was built to be a fun place for students to use either at lunch or as a time out space.

We have ball runs, a range of succulent plants, a music wall, whisper phone and have a few additional things still to add, including a braille alphabet wall, magnets and Lego. Things will change and be adapted with use, so keep an eye on things.

A massive thank you to all the parents and Mr Emerson who have helped in making this a reality, your help is very much appreciated.

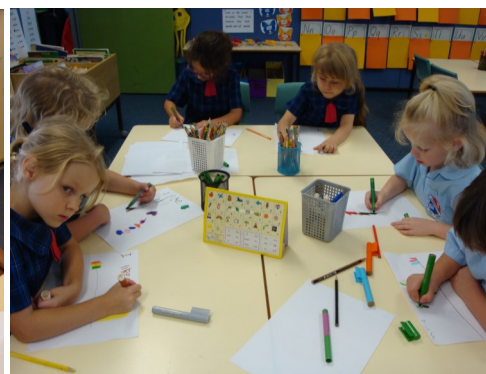


**REMINDER TO ALL STUDENTS  
STARTING YEAR 7 AT CESSNOCK  
HIGH SCHOOL THAT ELECTIVE  
CHOICES NEED TO BE RETURNED**



## EARLY STAGE 1

This term Early Stage One are doing a unit called “Healthy Choices”. Students are learning about what our bodies need to be healthy. They are beginning to explore options for healthy eating and to identify healthy and unhealthy foods. Students will take part in different types of physical activities and will begin to develop an understanding of the importance of being active and an awareness of how physical activity affects their body. They will describe ways they can refuel their body, such as eating, resting and relaxing.



## CLEVER KIDS

“Clever Kids will kick off from Week 6 this term. Children who are enrolled to start Kindergarten at Abermain Public School are encouraged to come along with their families each Friday afternoon from 1.00-3.00pm for fun and interactive sessions to prepare them for school. This exciting program is cost free and supports children as they transition to school with lots of strategies for parents as well. Please contact the school as soon as possible to register your interest.

## INTERRELATE

As we had a lot of interest shown in “Interrelate” the event will definitely be going ahead. If you have already paid your deposit the balance will need to be paid by 10th June, 2016. To any other families who wish to attend and haven’t paid if you could also pay \$30 by this date.

**LOWES**  
SCHOOL UNIFORMS  
Clothing and Educating Australia's Youth

**FRIDAY 13<sup>TH</sup>**

**13% OFF**  
ORIGINAL PRICES

**EVERYTHING ONLINE!**  
INCLUDING SCHOOLWEAR

ENTER  
PROMO CODE  
13FRI2016 AT  
CHECKOUT

**ONE DAY ONLY - SHOP NOW!**





## CYBER SAFETY AT SCHOOL AND HOME

All children will be exposed to various forms of technology, gadgets, devices etc. that will have direct access to the internet.

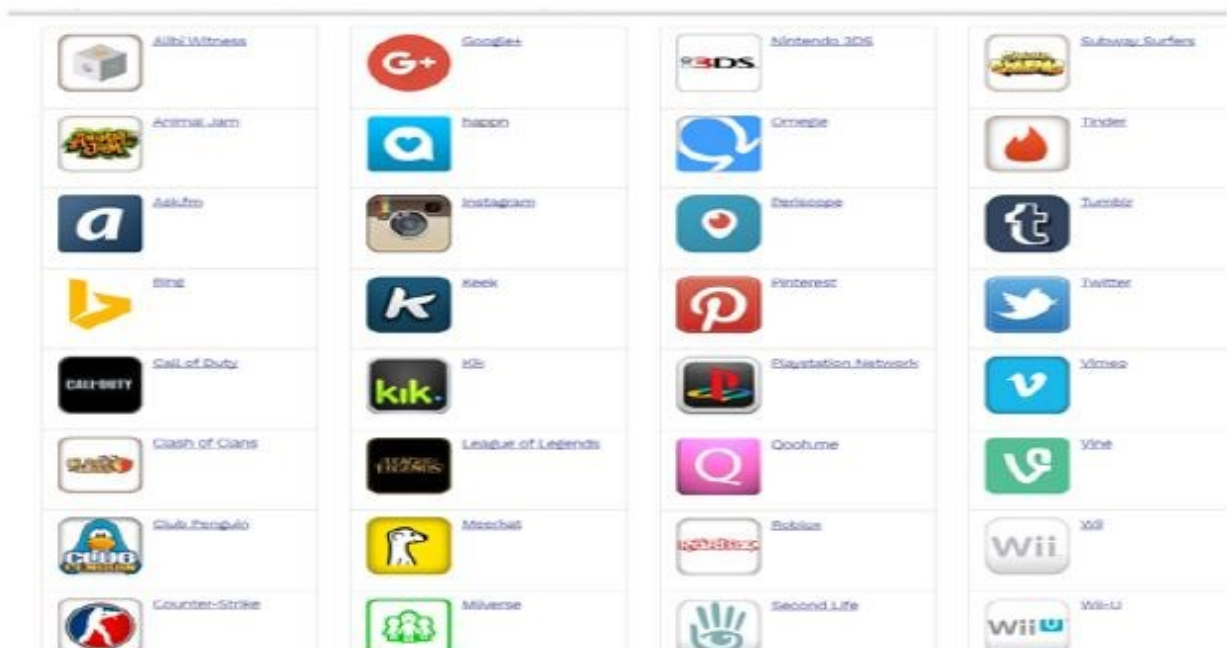
- ➡ Do you know what sites they are using?
- ➡ Do you know what they can see on the internet?
- ➡ Is your child using Kik or Meercat?
- ➡ Have you given them an iPhone or iPad?

If you gave it to them, then you are responsible for their safety.

Too often we hear about students being groomed on-line, students' being targets of cyber bullying and inappropriate photographs being posted.



This link [www.esafety.gov.au/esafety-information/games-apps-and-social-networking](http://www.esafety.gov.au/esafety-information/games-apps-and-social-networking) will connect to a government eSafety site. This site contains valuable information about many of the games and apps that your children may be using. By clicking on the icon you can see the legal age, and a brief description about that program. Samples of sites are indicated below:





## Parents as Teachers & Classroom Helpers

Do you want to help in your child's classroom?

Are you interested in learning how to be a great classroom helper?

Would you like to improve your ability to be able to assist your child at home with reading, writing, spelling and maths?

PaTCH may be exactly what you are looking for!

**Join us THIS FRIDAY - 13th May**  
for an information session and morning tea.

**Where:** Abermain Public School - Library

**When:** 9:30-10:30am

**Who:** Anyone interested in learning how they can better support the learning of young children in the classroom and in the home.

**Melinda Stokes**  
Instructional Leader Early  
Action for Success  
Abermain Public School





## LITERACY AND NUMERACY K-2

We have had an amazing start back to the year across Early Stage 1 (Kindergarten) - Stage 1 (Years 1-2) with students already involved in a number of targeted literacy and numeracy programs and teaching. All students in Stage 1 have now had a “literacy and numeracy check-in” - a quick snapshot assessment to determine how students have progressed post-holidays.

This information is being sent home to parents/carers in an effort to strengthen our partnership in promoting literacy and numeracy skills. We have been very pleased and excited to hear many students already coming back to school having worked on the skill areas as suggested in the information sent home and we thank parents for their support. Teachers are also using this information to refine teaching to meet the needs of each individual student.

We encourage parents/carers to discuss your child's progress with their teacher or Melinda Stokes (Instructional Leader).

## Cessnock, Schools as Community Centre TERM 2, 2016

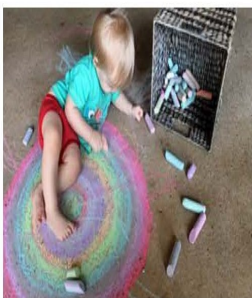


### PLAYWORKS - Mondays

Koe-Nara, 10 am to 12

### LET'S PLAY - Tuesdays

Koe-Nara, 10 am to 12



### STORIES - Wednesdays

Bunnings: April 27, May 25 & June 29  
10.30am with Family Insight

Morning tea provided



### PLAYWORKS - Thursdays

Cessnock East Public School, from  
9am to 11am

### BABIES - Thursdays

Koe-Nara, 12.30pm to 2pm

### STORIES - Fridays

Abermain Public School 2.30pm to  
3.10pm

Playgroup operates in school term only—returning April 28 2016

All groups are free

Morning tea for the children is provided at our supported playgroups

For more information:



4990 9354 or

0428 263 854



Koe-Nara, Cessnock

Schools as Community  
Centre



Nutrition Snippet

## The simplest way

...to create healthy take away.

Get the kids inspired about cooking with a healthy, homemade take away-style meal. Find full recipes at: [eatittobeatit.com.au](http://eatittobeatit.com.au).



### Sausage rolls:

Using beef, lamb, chicken, turkey or pork mince, with lots of grated or finely diced veg mixed in. Or add some tinned kidney beans to the mix.

### Hamburgers:

Make a meat, lentil or veggie patty, pile on the salad and serve on a crusty wholegrain roll.



### Fish and chips:

Crumb your own fish fillets and oven bake. Serve with oven-baked chunky chips or sweet potato wedges.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



Nutrition Snippet

## The simplest way

...to cook a delicious curry.

### Lamb & Vegie Curry

Serves: 4



**Top tip:** Reduce the amount of meat and increase the vegetables – you'll save money and make the meal healthier. Applies to stir fries, curries, pizzas and mince dishes too.

**Ingredients:** 1 tsp olive oil; 2 tbsp curry paste; 1 medium brown onion, chopped; 2 cloves garlic, chopped; 300g diced lamb; 3 large carrot, cut into chunks; 250g button mushrooms; 400g tinned tomatoes, diced; 100g red lentils; 500ml reduced salt chicken stock; ½ cup fresh coriander.

**Method:** Heat oil in heavy-based pot and cook onion, garlic and curry paste until fragrant. Add lamb and brown over a high heat. Add tomatoes, stock, carrots, mushrooms and lentils and reduce the heat to simmer. Cook for about 1 hour with the lid on, stirring regularly until lamb is tender. Mix through coriander reserving a small amount for garnish. Serve with brown rice.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



Nutrition Snippet

## The simplest way

...to eat extra veg every day.

Think a daily dose of five veg sounds like a lot? It's not, with these quick and easy ways to eat extra veg every day!



**Baked beans** on toast for breakfast (legumes count as veg).

**Veg snacks:** carrot and celery sticks; corn on the cob (hot or cold); leftover baked pumpkin or sweet potato (great on sandwiches too).

Spread **avocado** on toast or sandwiches.



**Veggie sandwich:** cucumber slices sandwiched together with reduced-fat cream cheese.



**Salad on sandwiches:** grated carrot, lettuce, tomato and cucumber; or tabbouleh.

**Veg-oodles:** long thin strands of grated zucchini, carrot, sweet potato or parsnip mixed with wheat-based pasta or noodles.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



Nutrition Snippet

## The simplest way

...to serve up 2 and 5.

It is important to aim for a minimum of two serves of fruit and five serves of vegetables every day, for good health and to reduce cancer risk.

So how much is a serve? Here is a quick and easy guide:



For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)







## Good for Kids good for life

### HEALTHY LUNCHBOX INSPIRATION

When packing lunchboxes it's easy to fall into a routine. It can be difficult to think of new, interesting and healthy options to include. Why not try some of the following healthy ideas in your child's lunchbox?

- Pita pockets with tuna/corn/mayo mix
- Sushi rolls
- Rice cakes with low fat cheese and tomato
- Savoury muffins packed with vegetables
- Vegetable fried rice
- Mini pizzas from dinner leftovers
- Triple decker sandwich fingers
- Cheesy tomato vegetable pasta



For more healthy lunchbox ideas visit the 'Packing Healthy Lunchboxes' section of the Good for Kids website:

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



Health  
Hunter New England  
Local Health District

PHONE 4924 6499

## Good for Kids good for life

### DROP THE TEMPERATURE, RAISE THE HEARTRATE

Indoor activities don't have to be boring! Although it's getting cold outside there are still plenty of ways to get the heartrate up this winter!

Here are some ideas that involve indoor active fun:

- Free indoor play grounds in shopping centres
- A visit to the science museum (often free entry)
- YMCA kids programs
- Gymnastics
- Indoor Trampolining
- Bowling
- Ice Skating
- Indoor skate parks, sports and swim centres



Why not look into what is available in your local area today and ask if they do discount deals for seasonal entry?



Health  
Hunter New England  
Local Health District

PHONE 4924 6499

## Good for Kids good for life

### EATING WITH THE SEASON

A change in season brings with it a change in seasonal fruit and vegetables.

Cooking with fruit and vegetables that are in season not only supports sustainability but also lowers the price of your grocery bill!

Here are a few fruit and vegetables in season over the coming months:

- Apples
- Mandarins
- Kiwi Fruit
- Oranges
- Pumpkin
- Sweet potato
- Parsnip
- Broccoli



Make sure you include these in your grocery shopping over winter!



Health  
Hunter New England  
Local Health District

PHONE 4924 6499

## Good for Kids good for life

### GOOD NUTRITION FROM DAWN TO DUSK

Regular snacks throughout the day help control blood sugar levels and regulate mood swings.

Having a healthy snack prepared when the kids come home from school can improve homework productivity and reduce irritability before dinner.

Why not try some of these afternoon snack ideas:

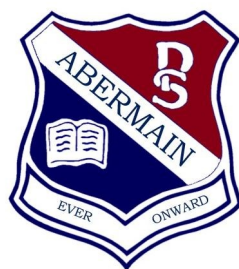
- Savoury pikelets
- Warm Milo with low fat milk
- Wholegrain toast fingers with low fat cheese
- Raisin toast
- Fruit & vegetable smoothies
- Fruit slices
- Homemade frozen yoghurt and fruit pops



Health  
Hunter New England  
Local Health District

PHONE 4924 6499





# SAFE, RESPECTFUL LEARNERS

## SCHOOL APP

The school app is available to the whole community

To download the school app visit the Apple App store or Google Play store and search for Abermain Public School.

Log in using - Username: community Password: abermainps