

## SAFE RESPECTFUL LEARNERS

### DATES FOR YOUR CALENDAR

16th September

Clever Kids Graduation  
Ceremony

19th September

Assembly—2.30pm

20th September

Stage 1 Rewards Day

22nd September

ES1 Rewards Day—

Megamania

Stage 2 Rewards Day

23rd September

Last day of school

10th October

Students return to school

P&C Meeting—5.00pm

11th October

Billy Cart Building Day—

Stage 1

17th October

Assembly—2.30pm

19th October

HSPA—The Lion King

## This issue:

Clever Kids Graduation Ceremony

Tea Towel Fundraiser

Useful Apps

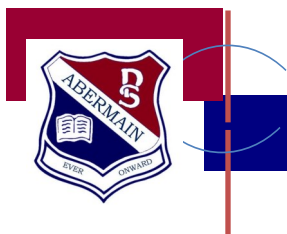
School Horse Sports Day

Snip, Clip, Clip, Chop

Administration of Medication at School

Uniform Survey





## PRINCIPALS REPORT

Our final newsletter for Term 3 and once again I would like to highlight some of the fabulous achievements we have made. We started with a wonderfully successful NAIDOC week which was very well supported by the students and community and brought our cultures together. Stage 3 students participated in the Interrelate Program, “Clever Kids” continued, students participated in the UNSW competitions and produced great results, we commenced the Got It! Program for resilience, held the Mini Olympics, held our athletics carnivals, Father’s Day breakfast, Book Week and a great Parade, attended the Kullaburra Awards, received great NAPLAN results, continued high school transition and awarded Mrs Sheldon her 30 Years of Service Award. All of these wonderful achievements can be attributed to the beautiful culture that has been created within the school.

### Important dates to add to the calendar

<b>Sports Presentation;</b>	Friday 11th November
Presentation Day;	Wednesday 7th December
Progress Reports;	Friday 9th December
Carols;	Monday 12th December
Year 6 Farewell;	Wednesday 14th December
Last day for 2016;	Friday 16 December
Further information will be distributed as events get closer.	

A uniform survey has been attached to this week’s newsletter. This needs to be returned to the school before the end of term. This will allow staff to collate the information gained and report back to the P&C meeting that will be held on the first day back, Monday 10th October, 2016. Students are encouraged to wear the correct school uniform to school. Our school is a ‘no hat, no play’ policy school. Therefore, students without a school hat will be asked to play on the DOTS or to visit the library when it is open.

A reminder that our school times are 9:15am until 3:15pm. During the afternoon dismissal we ask that all students remain on the school grounds until the 3:15pm bell rings. If you wish to take your child out prior to this time please sign them out through the office. If your children are arriving prior to 8:45am can parents/carers please sign the students in at the office before leaving the school grounds.

This week we held an emergency evacuation drill. The students were very settled and they need to be commended for how settled they were during the evacuation. The school will continue running these emergency drills to ensure the students are familiar with the process and staff are well prepared in case of a real emergency happening.

As we come to the end of term it is also a great time to talk to your children regarding stranger danger, cyber safety, water safety and sun protection. We want your children to be safe at all times, so please take the time to discuss these issues with them.

Enjoy the school holidays that commence after Friday 23rd September, 2016. Find some time to relax and spoil your families. Students and staff all return on Monday 10th October, 2016. Have fun and enjoy!

Ian Lamph



## LIBRARY

Most students have now seen and accessed the student version 'Orbit' of our new library operating system. Students have been shown how to access the site through their student portal and have personalised their home page with backgrounds, colours and an avatar.

Stage 2 students are working on writing a book review to be published on the site, so we encourage you to ask your child about this site and if you have access to the internet they could show you by logging into the DOE portal.

As the holidays approach it would be appreciated if all overdue books could be returned. Students may borrow for the holidays if they would like as this can be a great time to catch up on some rest and relaxation away from screens and get the imagination working.

### QUALITY WORK SHARED WITH THE PRINCIPAL

**Emily C**  
**Chevy T**  
**Anna S**  
**Jaimee L**  
**DJ**  
**Teleah C**  
**Seraiya G**  
**Charlotte F**  
**Liam C**  
**Tyra-Lea V**  
**Alexis O**  
**Olivia J**

### PBL BADGE RECIPIENTS

**Talisha C**  
**Ethan H**  
**Dylan E**  
**Kyle J**  
**Chloe P**



### CONGRATULATIONS

Congratulations to Year 5 student Ryan L on his recent participation in the 2016 Hunter Creative Arts Camp.

Ryan recently attended a week long camp at Myuna Bay Sport and Recreation Centre to engage in activities that build upon his skills as an artist.

Well done Ryan.



## TEA TOWEL FUNDRAISER

It was anticipated that tea towels would have been returned to school by now and sent home with those who have ordered. Unfortunately there has been an issue with Australia Post and our parcel has been lost during transit.

Students and staff will again need to draw their pictures for our unique design which will be completed before the holidays. Then our images will be sent away and our tea towels should be ready early November.

We apologise for the delay with this, but it does allow for any extra orders to be placed at the front office. Tea Towels are \$15 each or 3 for \$40.

## **ADMINISTRATION OF MEDICATION AT SCHOOL**

In general, schools do not administer medication to any student which has not been specifically requested by a medical practitioner for a specific condition. When a student requires prescribed medication to be administered during the school day, parents/carers are responsible for:

- \* Completing a “Request for Support at School of a Student’s Health Condition” form for daily medication, or an “Intermittent or Emergency Medication” form. Both these forms are available from the school office and must be returned to the school office prior to commencement of medication administration.
- \* Ensuring information is updated if it changes
- \* Supplying the medication for administration in a timely way and in its original container or Webster pack with the students prescribed dose attached.

**Please note: For the safety of all students, medication must be supplied to the school office in person by a responsible adult. Students are not to carry medications to or from the school.**

In some cases medical practitioners may request students to take “over the counter” medication that does not require a prescription. NSW Health advises that this does not mean that the medication is not potentially harmful and that schools should follow the same procedures for such medications as for “prescribed medications”.



## ***SCHOOL HORSE SPORTS DAY—DUNGOG***

On Friday 9th September, 2016 I attended my first School Horse Sports Day at Dungog representing our school.

It was a long day, we left home at 6.00am and didn't get back until 5.00pm. We arrived and there were so many competitors (over 150) and it was exciting.

Upon arrival we set up and started to get my horse ready to compete and mum went and done my registration.

The morning consisted of three hacking classes in the ring which was very competitive and I had no luck in these classes.

In the afternoon we did sporting, which is my favourite. The events were barrels, mug race, ball rand, in and out of paddock and western bending. I got two ribbons in these events and got some points for the school.

The next one is in November and I can't wait, hopefully there will be more of us able to go to the next one.

By Jorja L





## *SNIP, CLIP, CLIP, CHOP!!!*

In the afternoon, just after school, I went to get my hair cut. I wanted to donate it but I couldn't because my hair was just 2 centimetres off the 30 centimetres I needed. I wanted to donate it because donated hair can be used to make wigs. Sections of hair are stitched together and stitched to netting to make the wig. They can be used for people who have lost their hair from being sick.

I went with my mum Sam to the hairdressers near Cessnock Woolworths. I could not take dad because he was at work.

This is how the hairdresser did it! She tied my hair into pigtails and cut it off. Then she cut around the leftover bits of my hair so it was in order. I told her that I like it short! I had to sit really still, straight and keep my head up so it was even.

Hopefully, next time I will be able to donate my hair. I will look after it so it can grow longer again.

By Layla G





Nutrition Snippet

## The simplest way

...to make mid-week dinner easy.

Serve a quick and easy veg-filled dinner your family will love, in just 15 minutes!

**Pizza:** spread wholemeal Lebanese bread with salt-reduced tomato paste. Top with sliced veg (e.g. tomato, capsicum, mushroom, artichoke, onion, olives) and reduced-fat grated cheese. Bake in a moderate oven until cheese is lightly browned.



Find more 15-minute meal ideas at [eatittobeatit.com.au](http://eatittobeatit.com.au). Recipes include:

- Tuna couscous salad.
- Asian noodle soup.
- Potato frittata.
- Spaghetti bolognese.
- Savoury toasties.

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



## Special Needs Network

Invite you to attend a talk on "Anxiety"  
By  
Guest Speaker  
Craig Moore – Clinical Psychologist

Craig is a Clinical Psychologist based in Newcastle who provides psychological services and therapy for children, adolescents and adults. He has extensive experience working in a variety of roles, including: private practice, school psychologist, promoting mental health, developing and facilitating training courses including parenting skills programmes, assessment and case work managing children with behavioural and emotional problems.

In this session Craig will discuss the topic of Anxiety

- What is it?
- How to recognise it
- Some strategies to help manage it

**Date:** Thursday 27<sup>th</sup> October 2016

**Time:** 12.00pm – 2.00pm

**Location:** Abermain Public School  
Goulburn Street Abermain

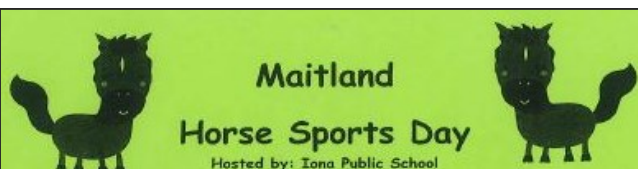
**Cost:** \$10 per family

**Payment:** Essential by 20<sup>th</sup> October

**Contact:** Cheryl-Ann

**Email:** [specialneedsnetworkabermain@gmail.com](mailto:specialneedsnetworkabermain@gmail.com)

**Phone:** 0414 625 872



## Maitland Horse Sports Day

Hosted by: Iona Public School

**Tuesday 15<sup>th</sup> November 2016**

at  
Maitland Polocrosse Grounds, Anambah Rd Rutherford  
(1km off New England Highway)  
Commencing: 8.00am Gear Check by Team Manager,  
**8.30am start**

All forms will be available on the school website 14<sup>th</sup> September  
\*\* Please pay attention to new criteria \*\*

[www.iona-p.schools.nsw.edu.au](http://www.iona-p.schools.nsw.edu.au)

**Entry Fee: \$30 per rider \*** (See conditions of entry) – limited to 180 riders  
\*\* Fee increase due to NSW Ambulance Paramedics will be in attendance \*\*

**Riding Events:** Riding Classes  
Hacking Classes  
Pleasure Hack

**Sporting Events:** TBA

**ENTRIES CLOSE Friday 4<sup>th</sup> November 2016**

All Enquiries

Fiona Lawrence  
Email: [f.lawrence5@bigpond.com](mailto:f.lawrence5@bigpond.com)  
Phone: 02 4930 1415 (school hours)  
Mobile: 0448 300 023

**Facilities:**

Canteen – Will be available all day from 7.30 am

## SCHOOL HOLIDAY MULTISPORT PROGRAM

Starting: 26<sup>th</sup>  
September, 2016

Please contact the club to secure your booking as limited numbers apply

Come and join our  
fun filled holiday  
program!

The multisport is a full  
day program packed  
with a variety of skill  
and fun based  
activities

Including:

- Indoor/outdoor sports
- Gymnastics
- Trampolining
- Skate park
- Craft
- Cooking



Call us on: 49911407



# 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

### *Useful Apps*

#### Strip Designer

This app allows you to make your very own comic strips using photos. There are a number of page templates to select from. When photos are taken or inserted, the fun begins. Speech balloons and a range of effects can be added to create a comic strip. This app allows for endless hours of fun and creativity. When created, the strips can be saved into photo albums and could be used for a range of things. Well worth a look.

#### Maths Bingo - 99c

This app uses all four operations and has easy, medium and hard levels. Students can select individual modes of operation or can select a mixed operation mode. The object of the game is to get a pattern of five Bingo Bugs in a row by answering maths questions. Students can select their own player profile, which they can use to see how they are progressing or can play as a guest. Great for practice of number facts and to help with fluency of maths facts for all ability levels.

Information can be added to popples through images, drawing and text and can be manipulated with ease. A great app to have a play around with and explore its many possibilities.