

SAFE, RESPECTFUL LEARNERS

DATES FOR YOUR CALENDAR

3rd March

Aboriginal Cultural Dancing
begins

6th March

PSSA Cricket

7th March

Stage 3 Sydney Excursion

13th March

P&C Meeting—5.00pm

27th March

Assembly

30th March

Cross Country

This issue:

2017 Swimming Champions

PSSA Cricket

Stage 3 Sydney Excursion

Year 1 Purple Pear Farm Excursion

Aboriginal Cultural Dance Group

Technology Update

Administration of Medicine

Kindergarten Garden

Sherpa Kids - Child Care Rebate

CONGRATULATIONS TO OUR 2017 SWIMMING CHAMPIONS

Junior Girls—Shanaya B

Junior Boys—Harrison F

Senior Girls—Megan C

Senior Boys—Travis H





PRINCIPALS REPORT

This week's newsletter contains important information about the operation of our school and parents/carers are encouraged to read it thoroughly and if possible, attend the P&C meeting on Monday 13th March at 5.00pm in the school library to provide further input to our community discussion.

Our current school enrolment is 265 students based on 11 classrooms. This number represents our capacity with spaces now only available for students who are in our designated school intake zone. The Department of Education has placed a strong emphasis on students attending their local schools. *There is a possibility that families may be in the situation of having one child in our school as non-local enrolment and wanting to enrol a sibling.* Unfortunately, we can only accept students from our school intake zone at this point. If you are thinking of enrolling your child and wish to check your zoning please contact the office for confirmation.

"Sherpa Kids", before and after school care has commenced operating at our school. A detailed list of costing estimates has been included in this newsletter and will be on our website. Sherpa Kids have been very kind to also include a "drop off" after 8am for only \$9.00. If you receive the Child Care Benefit (CCB) at 50% this reduces to \$3.60 and a CCB of 100% will only cost \$2.70. This is an excellent price to ensure the safety of your children prior to school starting at 8:45am. Sherpa Kids will also be attending the P&C meeting on Monday to answer any questions. Other points to be discussed at the P&C meeting will be;

- * Opening time of the school gates as we have an increased number of students arriving prior to 8:45am.
- * Sale of products by the canteen prior to school
- * Updated 2017 School Plan which outlines the future direction of the school for the next 12 months.

Please join us to add your comments and thoughts.

The Purple Pear Farm was a washout for our Year 1 students on Tuesday. Thank you to all the parents/carers that were able to assist with supplying dry clothing upon the students return.

NAPLAN 2017 will involve all students in Year 3 and Year 5. NAPLAN will be held in Week 3, Term 2, 9th-11th May, 2017. If you have any questions about NAPLAN please contact Mrs Bower.

The school has a wonderful feel to it as I walk around the classrooms. Kindergarten students have been working for the full day and all other classes are very settled and focused on their learning. Congratulations to all staff and families for making our school a wonderful place to be each day.

Ian Lamph



STAGE 3

Next Tuesday, 7th March, 5/6M and 5/6D are going on an excursion to Sydney. This is an exciting opportunity for students to experience first-hand knowledge related to their projects.

5/6 M has shown interest in learning about the deep ocean and that is how their 'Mystery Waters: "The World Below" project was born. Students will enjoy a day at the Sydney Aquarium, where they will see the world's largest collection of Australian aquatic animals on display. What better way to compliment their project!

5/6D are interested in learning about Asian cultures and pop-up market stalls. To support their learning students will enjoy a day at the Japanese Foundation where they will partake in a traditional ceremony, wear traditional clothing and join in a calligraphy class. A walk through Chinatown including Paddy's Markets will follow and if time permits, the Chinese Gardens. It's a rich learning opportunity and provides an insight into Australia's multicultural communities.

Notice to Stage 3 Parents and Carers: Kurri Kurri High School OPEN NIGHT CANCELLATION

Due to unforeseen circumstances the Open Night Transition Information Session planned for the 9th of March has been postponed. KKHS are rescheduling the event for Term 2 and will advise the new date once arrangements have been made. Stay tuned for more information.

ABORIGINAL CULTURAL DANCE GROUP

We are excited to announce that Aboriginal Cultural Dancing is starting back up this Friday 3rd March, 2017 from 2.15 – 3.00pm in the hall. Joey Griffiths from Cessnock High School will be running the dance group again. It is open to all Stage 2 and Stage 3 students and we have had an overwhelming response from the children.

UPDATES TO STUDENT CONTACT DETAILS AND GENERAL PERMISSION LETTERS HAVE BEEN SENT HOME TO PARENTS/CARERS. PLEASE RETURN TO THE SCHOOL AS SOON AS POSSIBLE TO ENSURE THAT ALL STUDENT DETAILS ARE UP TO DATE.



TECHNOLOGY UPDATE

Classes across the school are beginning lessons with an aim to improve technology-based learning outcomes, including the skills and confidence of our students when using computers. Students have opportunities to participate in activities using updated hardware, including Code Club which runs each Thursday and Friday at lunch for students in Years 3-6. Many students are well on the way to understanding how to build code sequences that result in characters performing actions in a computer game.

PSSA CRICKET

Well done to the Stage 2 and 3 boys who tried out for the cricket team.

Our first game is against Kurri Kurri Public School on Monday 6th March.

Thank you to Mr Power and Miss Gylers' dad who have been volunteering their time to help us get ready.

KINDERGARTEN GARDEN

Kindergarten have been hard at work in the garden! They have planted seeds and continued to watch them grow over the last few weeks. There are some tiny seedlings starting to pop up!

We can't wait to see our flowers appear!





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”.

UNIFORM COLOURS FOR NOTES



PERMISSION NOTES TO BE RETURNED



INFORMATION FOR PARENTS/CARERS



MEDICAL/HEADLICE ALERTS



P&C



SCHOOL CANTEEN



PURPLE PEAR FARM

On Tuesday the 28th of February, all of Year 1 travelled by bus to the Purple Pear Farm at Anambah. We arrived and met with Farmer Kate and Farmer Mark and they told us about the working farm and what was in store for the day. The Year 1 children were able to interact with the geese, ducks and chickens, watch the pigs being fed and explore the gardens full of vegetables. Just after lunch the rain started and we took shelter in a small classroom on the farm. We read stories, played games and hoped the rain would pass. We did have to return to school before we got to explore all the farm had to offer, however Farmer Kate and Farmer Mark were thrilled with the rain. No purple pears were found on the day.

Here are some photos of the morning on the farm!





STORIES

Thursday afternoons

At 2:30

Starting on the 9th Feb 2017



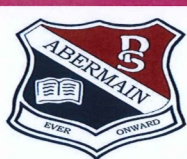
STORIES is a weekly story-time for families hosted by Abermain Public School in conjunction with Koe-Nara.

Parents are invited to bring their children (birth to school-age) to enjoy stories and rhymes each **Thursday** afternoon from 2:30 to 3:00.

Children will develop important skills to support later-learning at school and have lots of fun along the way.

In the grounds of Abermain Public School

Please contact Abermain Public School on 49304210 to register your interest.



School Drive Subsidy



If you live a long way from public transport and need to drive a student to a public transport pick up point or to school, you may be able to get financial assistance.

The School Drive Subsidy provides eligible parents and guardians twice-yearly payments to help cover some of the expenses of getting children to school.

To find out if you're eligible, and to apply online, visit transport.nsw.gov.au/schooldrive

Can't get online?

Ask about the School Drive Subsidy at your school, or call 131 500.



Transport
for NSW

**Cnr Melbourne and Bathurst St
Abermain**

Ages 3-6 years

ALL ENQUIRIES 49304010



Providing high quality care and education to your most precious assets since 1994.

- Natural Playgrounds with vegetable gardens, worm farms and chickens
- Transition to school program including Jolly Phonics
- Caring and Nurturing Relationships

www.tillyschildcare.com.au

**Limited Vacancies
Call Today**



Motor Sensory Program designed for and Exclusive to Tillys



Deadly Cooking for Adults

Come and have a yarn and cook a meal together!

4 week **FREE** program
Starting Tuesday 14th March

10:30am – 12:30pm

at Abermain School of Arts

(cnr Cessnock Rd and Orange St, Abermain)

Examples of foods cooked



Come and learn about:

- Healthy eating
- Traditional bush ingredients
- New recipes
- Cooking on a budget
- New cooking skills



To book in please call:
Susan Mulyk - 0429 100521
or
Josh Tory - 49910438



Health
Hunter New England
Local Health District



FOR CHILDREN 4-5yrs

Drop in clinics available APRIL school holidays for those children who have not previously had their StEPS vision assessment screen.

- Free Service
- Drop in, no appointment necessary
- Only takes up to 5-10mins per child

Cessnock Cessnock Hospital Grounds View Street Clinic Cessnock	East Maitland East Maitland Community Health Building 58 Stronach Avenue East Maitland
Time: 9am – 1pm	Time: 9am – 1pm
Tuesday 11th April	Wednesday 12th April
Tuesday 18th April	Wednesday 19th April

For more information contact:

Sheila Cramer
StEPS Vision Screener | Child, Family & Young Peoples Network
Tel 49363334 | Mob 0419960734 | Email sheila.cramer@hnehealth.nsw.gov.au

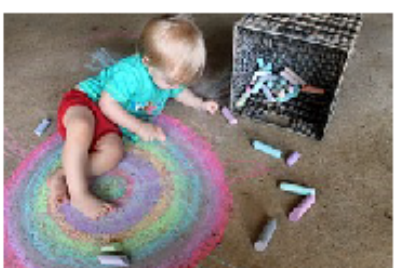


Cessnock, Schools as Community Centre TERM 1, 2017



PLAYWORKS - Mondays

Koe-Nara, 10 am to 12



LET'S PLAY - Tuesdays

Koe-Nara, 10 am to 12

Baby Massage at Koe-Nara

Feb 23, March 9, March 23 & April 6

Thursdays 1 to 2 (every fortnight)

Bookings essential—Contact Paula on
0401 734 966



PLAYWORKS - Thursdays

Cessnock East Public School, from
9am to 11am

Stories at Abermain Public

Thursdays from 2.30 to 3

Stories at Bunnings

Feb 22 & March 22 from 10.30

Playgroup operates in school term only

All groups are free

Free morning tea for the children, tea & coffee for
grown ups

For more information:



4990 9354 or
0428 263 854



Koe-Nara, Cessnock
Schools as Community
Centre



Nutrition Snippet

The simplest way

...to get bang for food budget buck.

Budgeting the week's food money according to the healthiest foods means getting the best value for money.

Spend most: wholegrain breads and cereals; fruit and vegetables.

Spend moderately: meats and alternatives; dairy.

Spend least: foods high in fat, salt and/or sugar.



Buy what's good for you...

Fruit and veg are good for you and good value for money, especially when in season. Buy canned or frozen when they're cheaper than fresher varieties.

And save...

Processed snacks are much more expensive per kilo, so go healthier and cheaper with some fresh fruit and veg!

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



Nutrition Snippet

The simplest way

...to make one ingredient ice cream.

Treat your kids to some homemade ice cream, minus the sugar and additives. Just 100% fruity goodness. Delicious!

Ingredients:

4 – 5 ripe bananas



Method:

*Slice the bananas into small pieces (about 1.5cm thick is ideal).

*Put the slices in a Ziploc bag and freeze them overnight.

*Place the frozen banana slices into a food processor. You may need to break up the slices a bit if they've frozen together in clumps.

*Blend until the mixture becomes smooth and creamy.

*Spoon the blended mixture into a shallow dish and pop in the freezer for about two hours.

*Scoop it out and serve immediately.

Watch the video: eatittobeatit.com.au (recipes section).

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



Nutrition Snippet

The simplest way

...to get kids eating more fruit and veg.

Learn how to create easy, budget-friendly family meals, entice fussy eaters and eat well to prevent cancer.



Cancer Council NSW's *Eat It To Beat It* program hosts free Fruit & Veg Sense workshops at schools across NSW.

In these 90-minute workshops we give you simple tips and ideas on:

- saving money by eating more fruit and veg;
- changing family favourites into healthy meals; and
- learning clever ways to entice fussy eaters.

All participants receive a FREE recipe book.

We have proven results that this workshop helps parents to eat more fruit and veg. And if you eat more fruit and veg, your children will too!

Ask your school to register via eatittobeatit.com.au.

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



Nutrition Snippet

The simplest way

...to make packing lunches easy.

School is back in session after an extended holiday and packing lunches is again on the household to-do list.

Make the task easy with *Eat It To Beat It's* inspiration and ideas for healthy lunch boxes.

Why not try this combination:

- *Lebanese bread with beef kofta and tabbouleh;
- *Tzatziki;
- *Cheese sticks;
- *Chopped watermelon and blueberries;
- *Water.



For more ideas and recipes check out the eatittobeatit.com.au "for parents" section.

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





Facts Sheet – Child Care Benefit and Child Care Rebate

What is Child Care Benefit?

Child Care Benefit (CCB) is a payment from the Australian Government that helps you with the cost of childcare. You can choose to receive CCB as an annual lump sum payment or as reduced child care fees throughout the year. The CCB is income tested and is usually paid directly to [Child Care Services](#) to reduce the fees that eligible families pay. You can apply for the CCB online or in person through Centrelink. To apply online, visit the [Department of Human Services](#) website.

Eligibility for the Child Care Benefit

- Your child must be attending [approved child care](#) or [registered child care](#)
- You or your partner must meet the residency and child's immunisation requirements
- You must be the person responsible for paying the child care fees

Am I eligible for Child Care Benefit?

To be eligible for CCB you (as a parent or guardian) must meet these requirements:

- you have a child in your care who meets the [immunisation requirements](#) (or have an exemption*)
- your child attends CCB [approved](#) or [registered care](#)
- you have the liability to pay for the cost of your child care.

Under the *No Jab No Pay* legislation, from 1 January 2016, in order to be eligible for Child Care Benefit for approved and registered care, parents must ensure their children meet the immunisation requirements which now apply for all children up to the age of 19. A child must be fully immunised, or on a catch-up schedule or have a valid exemption in order to receive these payments. Conscientious objection is no longer an exemption category, however it is important to note that children with a recognised medical exemption (verified by a General Practitioner) such as medical contraindication, natural immunity or participation in a recognised vaccine study will continue to be exempt from the requirements.

How much Child Care Benefit can I receive?

The amount of CCB you can receive depends on:

- your income
- the type of care you use (approved or registered)
- the amount of care you use
- the reason you are using care
- the number of children you have in care



What is Child Care Rebate?

Child Care Rebate helps with the cost of child care fees. It covers up to 50% of your out of pocket childcare expenses up to an annual limit of \$7,500 per child.

Out of pocket childcare expenses are your total childcare fees less any Child Care Benefit and Jobs, Education and Training Child Care Fee Assistance you're entitled to.

Once you reach the annual limit for a child you won't be entitled to any further rebate until the next financial year. Depending how you receive your rebate, your assistance may stop when you've received 85% of the annual limit for a child. If this happens, we'll pay any remaining entitlement after the end of the financial year when we balance your payments.

Read more about payment options for Child Care Rebate.

Log on to your Centrelink online account through myGov and check:

- the amount of rebate you've received for a child so that you'll know when your assistance for the year is likely to end, and
- when your child care fees will no longer be reduced by the rebate, if your rebate is paid to the child care service

Eligibility

You may be eligible for Child Care Rebate if:

- you use a Child Care Benefit approved child care service
- you are eligible for Child Care Benefit, even if you earn too much to receive payment, and
- you and your partner meet the Work, Training, Study test for Child Care Rebate or meet an exception

Child Care Rebate isn't income tested. For further information please visit:

<https://www.humanservices.gov.au/customer/services/centrelink/child-care-rebate>

How do I apply?

Contact the Department of Human Services on 13 61 50 to apply today. Your application will include both the Child Care Benefit (CCB) and Child Care Rebate (CCR). You may qualify for both, or just CCR only. The department will let you know. They'll provide you with a Customer Reference Number (CRN) for the parent and each child attending the child care service. Simply provide them with all of your relevant CRNs and Date of Birth details when enrolling and setting up your account on the Parent Portal. If you're already enrolled simply log in via the Parent Portal to update your details.



Estimate your out-of-pocket expense for Before School Care (arrival after 8:00am) *

Example 1. For parents eligible for 50% Child Care Benefit (CCB) – Before School Care

Full Session Fee:	\$9.00
Hours in Session:	45 minutes (after 8:00 am)
Your Child Care Benefits (CCB) Eligibility:	50%
Reduced Fee after applying CCB:	\$7.20
Your out-of-pocket expense AFTER applying for CCB and CCR	\$3.60

Example 2. For parents eligible for 100% Child Care Benefit (CCB) – Before School Care

Full Session Fee:	\$9.00
Hours in Session:	45 minutes (after 8:00 am)
Your Child Care Benefits (CCB) Eligibility:	100%
Reduced Fee after applying CCB:	\$5.40
Your out-of-pocket expense AFTER applying for CCB and CCR	\$2.70

*All calculations above are estimates ONLY. For further information please visit: <https://www.mychild.gov.au/childcare-information/benefit>

Estimate your out-of-pocket expense for Before Care *(7:00am to 8:45am)

Example 3. For parents eligible for 50% Child Care Benefit (CCB) – Before School Care

Full Session Fee:	\$17.00
Hours in Session:	1 hour 45 minutes
Your CCB Eligibility:	50%
Reduced Fee after applying CCB:	\$13.40
Your out-of-pocket expense AFTER applying for CCB and CCR	\$6.70

Parents eligible for 100% CCB

Full Session Fee:	\$17.00
Hours in Session:	1 hour 45 minutes
Your CCB Eligibility:	100%
Reduced Fee after applying CCB:	\$9.79
Your out-of-pocket expense AFTER applying for CCB and CCR	\$4.89

*Please note that all calculations above are estimates ONLY. For further information please visit: <https://www.mychild.gov.au/childcare-information/benefit>



Estimate your out-of-pocket expense for After School Care

Example 4. For parents eligible for 50% Child Care Benefit (CCB) – After School Care

Full Session Fee:	\$24.00
Hours in Session:	2 hours 45 minutes
Your Child Care Benefits (CCB) Eligibility:	50%
Reduced Fee after applying CCB:	\$18.39
Your out-of-pocket expense AFTER applying for CCB and CCR	\$9.30

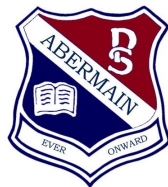
Parents eligible for 100% CCB

Full Session Fee:	\$24.00
Hours in Session:	2 hours 45 minutes
Your Child Care Benefits (CCB) Eligibility:	100%
Reduced Fee after applying CCB:	\$13.19
Your out-of-pocket expense AFTER applying for CCB and CCR	\$6.60

*Please note that all calculations above are estimates ONLY. For further information please visit: <https://www.mychild.gov.au/childcare-information/benefit>



REACH ENGAGE CHALLENGE



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

