

## SAFE, RESPECTFUL LEARNERS

### DATES FOR YOUR CALENDAR

17th March

Anti-Bullying day

21st March

Harmony Day

22nd March

2G Fire Station Excursion

24th March

Gold Coin Donation Day -  
"Agape House"

27th March

Assembly

30th March

Cross Country

31st March

Year 5 & 6 Sports Gala Day

5th April

1G, 1P & 2H Human Rainstorm  
Performance

7th April

Last day of Term

## This issue:

The Music Bus Student of the Week

School Cross Country

Kindergarten Artwork

Cessnock Zone Rugby League

PSSA Cricket

Harmony Day

Anti-Bullying Day

University of NSW Academic Competitions

2H Letters to Parents/Carers

1G, 1P & 2H Human Rainstorm Performance

*CONGRATULATIONS!*

**Travis H, Shaun P and Caiden F have all been successful in gaining a place in the Cessnock Zone Rugby League Team. The boys will play at the Hunter Region Trials on Friday 24th March at Salamander Bay. Great job and good luck boys.**





## PRINCIPALS REPORT

On Monday night we had a very successful P&C meeting. We had great support from parents/carers, grandparents, friends, Sherpa Kids and teachers. Several issues were tabled and good open discussions occurred.

Easter Hat Parade, which has been a wonderful success in the past years, is on again Friday, 7th April (last day of term). There will be a BBQ lunch at 11:00am, parade at 12 noon and the huge raffle at 1:00pm. The P&C are looking for support from Stage 2 parents/carers to cook and serve at the BBQ. Early Stage One parents/carers are being asked to assist with the wrapping of the raffle prizes and selling tickets on the day. If we have parents/carers from each Stage helping at various events throughout the year we are going to be a powerful support for the children. Therefore, save the day and come along, help out and have a fantastic day at the school.

Donations of Easter eggs and prizes for the raffle can be left at the school office.

The P&C are looking at healthy canteen options as a new policy has just been released by the Department of Education. It was decided that the canteen would continue to sell fruit, flavoured milk, water and toast before school (8:45 – 9:00am). Parents/carers are encouraged to provide their children with a nutritious breakfast before school where possible.

Sherpa Kids (Andrew) joined the P&C meeting to explain their services. He encouraged all parents/carers to complete the free enrolment form so that you can access the casual drop off quickly and easily if needed. Students participating in the before and after school care need to enter and exit the school via the double gates at the handball courts.

During the P&C meeting a discussion was held around the school gates opening time. It was concluded that the school gates will remain locked until a teacher is on duty for the safety and supervision of students at school. **School gates will open at 8:45am each day, commencing Term 2.** If you have and concerns regarding this arrangement please make an appointment at the office.

It has been brought to my attention that many students are leaving the school grounds prior to our final bell at 3:15pm. Departure from the school is that the **3:10pm bell allow staff to bring the students up to the DOTS area and at 3:15pm our final bell rings and the staff members dismiss the students and walk with them to the gates.** I encourage all parents/carers to wait until the 3:15pm bell sounds before leaving the school premises. This is to ensure that all students are safely dismissed.



Over the next few weeks the school will be holding some special days. This Friday 17th March is Anti- Bullying Day and staff will be bringing this message to the attention of the students during classroom lessons and making an extended daisy chain to be displayed in the school for all to read. On Tuesday 21st March students and staff will celebrate Harmony Day, where staff will present activities to the students about working together, respect and accepting others. Finally on Friday 24th March we will be holding a gold coin donation day for the “Agape House”. One of our students, Leverett, will be travelling to Thailand to work at the Agape House for 15 days, sharing his time with underprivileged orphans to bring enjoyment into their lives. Our donation will go directly to the children and assist them with their needs. Thank you for your support.

Staff are currently reviewing our School Discipline Policy. If you have any concerns or input for the development of the 2017 Discipline Policy please contact the office. The current policy can be found on the school website [www.abermain-p.schools.nsw.edu.au](http://www.abermain-p.schools.nsw.edu.au).

Ian Lamph

The seventh National Day of Action against Bullying and Violence is on Friday 17 March, 2017! This National Day of Action is a great opportunity for students to be reminded of Abermain Public School's anti-bullying policies, strategies and programs that are currently in place to stamp out bullying. Students will participate in activities to learn valuable life skills and how they can individually contribute to a safer school.



Our goal at Abermain Public School is to celebrate differences and foster a tolerant and safe learning environment for all students. The impact of bullying can be detrimental to the development of our children. As parents/carers, please help us stamp out bullying by speaking with your child about embracing differences found in their peers and encouraging them to report anti-social behaviour to teachers. United we can make Abermain Public School a Bully-free zone!



## ***The Music Bus Student of the Week***

Congratulations to Calum B who received “The Lake Macquarie Music Bus’ Student of the Week” award. Read Calum’s interview with his teacher below.

How long have you been playing your instrument/ learning on The Music Bus?

*Just over a year.*

Favourite song to play?

*“Cause you only need two Fingers”*

If you won lotto, what musical equipment would you buy?

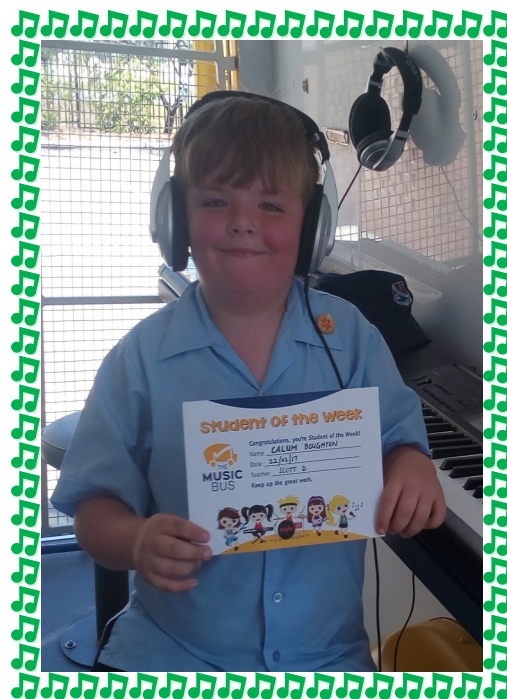
*Lots of Drums!*

What do like about keyboard?

*All the different sound effects and spending time playing music with friends.*

To know more about The Music Bus visit

[www.themusicbus.com.au](http://www.themusicbus.com.au)



**BOOK CLUB**  
**ORDERS TO BE IN BY FRIDAY**  
**17TH MARCH, 2017**



**PARENTS/CARERS OF YEAR 6 STUDENTS**  
**IF YOU HAVEN'T ALREADY DONE SO COULD**  
**YOU PLEASE RETURN THE YEAR 7, 2018**  
**EXPRESSIONS OF INTEREST FORMS TO THE**  
**SCHOOL OFFICE BY FRIDAY 17TH MARCH, 2017**





## PSSA CRICKET

The PSSA Cricket team played their first game against Kurri Kurri Public School on Monday 13th March at Central Oval in Kurri Kurri.

Although defeated, the motivation of all of the boys to train in the last 3 weeks was inspiring. They all showed sportsmanship and perseverance during the game and I hope they continue to develop their cricket skills.

Thank you to all parents/carers for your support at the game and to Mr Power and Mr Gyler for helping us train.



## SCHOOL CROSS COUNTRY

School Cross country will be held at the school on Thursday 30th March, 2017.

Starting time will be:

- 11 & 12 Years - 9.30am
- 8, 9 & 10 years - 10.15am
- 5, 6 & 7 years - 10.45am

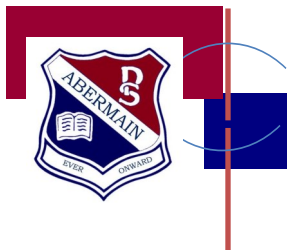
Hopefully we will be finished around 11.15am.

## HUMAN RAINSTORM PERFORMANCE

On Wednesday 5th April, 2017 1G, 1P and 2H will be performing a human rainstorm.

This will be held in the school hall at 2.30pm.

All parents/carers are invited to attend.



## 2H LETTERS TO PARENTS/CARERS

Dear Parents,

If you read 2H's newsletters they will tell you about hugs. Hugs are special and safe and also warm. If children don't get hugs, they will feel scared but if you give a child a hug they will feel wanted and cared for.

*Ebony*

Dear Mums and Dads,

2H has been learning about hugs. Hugs make you feel warm and loved. If you don't protect your kids, they won't feel very loved.

*Brock*

Dear Parents and Carers,

2H is learning about hugs. Hugs are important. Hugs can make someone's day happy. Give someone a hug to make them feel safe. If a child is not hugged they might feel scared. I have had hugs before and they make you feel nice.

*Georgia*

Dear Parents,

Hugs are special. 2H have been talking about hugs and how they make you feel so warm and loved and safe.

If you do not hug your child they might be unhappy, sad, scared or feel unsafe.

*Cooper H.*

Dear Parents,

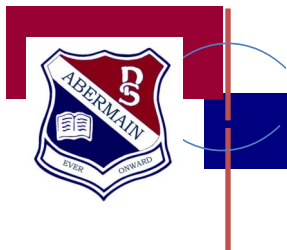
We are talking about hugs on the third month of the year.

*Cooper O*

Dear Parents,

2H is learning about the importance of hugs. If you want to make your children feel rewarded, give them a big squeeze squishy hug to make them happy.

*Tayla*



Dear Parents and Carers,

You should really give your child a hug to make them feel like they are part of the family. If you don't give your child a hug they might feel left out.

Just please give your child a hug to make them feel protected. Sometimes your child pretends not to like hugs but they do you know. Hugs are the best.

*Nattalia*

Dear Parents,

Today we are learning about hugs. What we know is that hugs are warm and make you happy too. They fill a little spot inside of you. It's happiness. Then you give a hug back.

Hug, hug!

*Liam*

Dear Parents and Carers,

We're learning about the importance of hugs. When you give your children a hug, they feel rewarded. I think hugs are safe. I believe hugs are awesome.

*Koby*

Dear parents and Carers,

2H has been learning the importance of hugs. You should give your child a hug because that means you love them lots and makes them feel safe and loved.

Do not make your child sad. Just give them a chance for some hugs.

Give your child a reward hug! I would hug my child. It will make them feel secure.

*Jorja*

Dear Mum and Daddy,

We are learning about hugs. Come on give me a squeeze, squishy hug and I won't stop hugging you. Parents' hugs are great. Also, just playing with your parents makes kids happy. Hugs make kids feel like the "specialist" kid in the world.

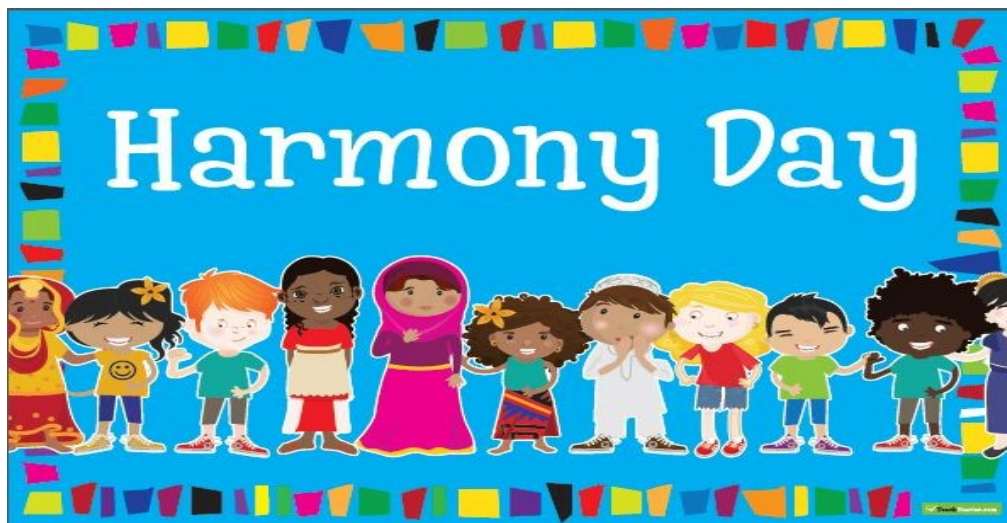
*Levii*



## UNIVERSITY OF NSW ACADEMIC COMPETITIONS

The University of NSW holds academic competitions each year which allow students to compete against other students across Australia and Asia. The exams are very challenging, however, students are provided with a comprehensive report on their performance in each subject they enter. They will also receive a certificate to recognise their achievement.

Mrs Roberson has been speaking to students in Stage 2 and 3 about these exams and interested students have taken an information note. If your child does not bring a note home but you would like your child to sit an exam, please speak with your child's teacher or Mrs Roberson. Notes and money must be returned by Friday 31st March. Unfortunately no entries can be submitted after this date.



Tuesday 21st March, 2017 is "International Day for the Elimination of Racism". In Australia we celebrate it as "Harmony Day".

We have one of the largest multicultural countries in the world, with 1 in 4 Australians born overseas, and your children will be learning to communicate the importance of cultural diversity in a fun way.

The school will be participating in activities that recognise why we celebrate what makes each Australian unique and share what we have in common.

Parents/Carers are invited to come and help out in your child's classroom during the day.



**QUALITY WORK SHARED  
WITH THE PRINCIPAL**

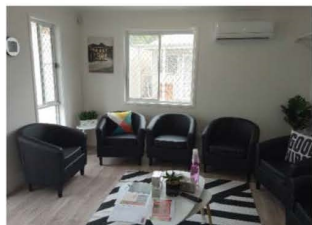
<b>Riley T</b>	<b>Justin H</b>	<b>Lister M</b>	<b>Amarli W</b>
<b>Harrison F</b>	<b>Iyla F</b>	<b>Aleisha E</b>	<b>Molly F</b>
<b>Ana S</b>	<b>Seth J</b>	<b>Isabella R</b>	<b>Max C</b>
<b>Callum B</b>	<b>Nic S</b>	<b>Ayden F</b>	<b>Taylor W</b>
<b>Tyler B</b>	<b>Tahlee R</b>	<b>Riley F</b>	<b>Naomi J</b>



Kindergarten have been looking at the works of famous artists. After discussing the shapes and colours seen in Van Gogh's work Sunflowers, the children created their own artwork.

**CANBERRA  
EXCURSION**

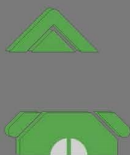
**A REMINDER TO  
PARENTS/CARERS OF  
STUDENTS THAT ARE  
ATTENDING THE  
CANBERRA EXCURSION  
THAT THE NEXT  
INSTALMENT OF \$80 IS  
DUE 3RD APRIL, 2017**



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ENROLLING NOW



For more information contact the WEA Hunter  
Foundation

T: 4925 4200

[wratcliffe@weahunter.edu.au](mailto:wratcliffe@weahunter.edu.au)

[agriffith@weahunter.edu.au](mailto:agriffith@weahunter.edu.au)

Find us on Facebook  
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[www.weahunter.edu.au/foundation](http://www.weahunter.edu.au/foundation)



A WEA Hunter Foundation  
Initiative

## THE VILLAGE

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& Mums

Certificate II in Skills for Work  
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With no cost to participants



**LOWES**

EXCLUSIVE OFFER TO  
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**20%<sup>\*</sup> OFF**  
**SCHOOLWEAR**  
AND EVERYTHING ELSE



**THURSDAY**  
**16TH MARCH**  
**INSTORE & ONLINE**

\*Cannot be combined with other offers or discounts. Floor stock only. Styles and colours may vary from store to store. No rain checks.  
Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount. Excludes gift cards.  
Offer ends midnight (AEST) 16/3/17. Must use Zero or Rewards card to receive discount.

Paxton Public School

## MARKET DAY

Sunday 2nd April

10am – 2pm

20 Anderson Ave, Paxton

Ph: 49981278

Stalls, car boot sale, food,  
drinks and more...





Nutrition Snippet

## The simplest way

...to try healthy Easter treats.

Before the kids get too crazy on chocolate, why not mix up the Easter treats with some fun but healthy festive fare?

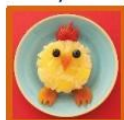


**Egg-cellent surprises:** fill brightly-coloured plastic eggs with the kids' favourite fruit and veg.

**Breakfast bunny:** add fruit adornments to pancakes to create a "you-beaut" bunny.



Or try carrot pot plants and fruity chicks.



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 make easy fried rice.

**Serves: 4 | Preparation: 20 minutes | Cooking: 10 minutes** Leftovers are great for lunch boxes.

**Ingredients:**

Brown rice  
2 eggs  
½ onion, finely diced  
1 cup cabbage, chopped  
½ cup broccoli, chopped  
½ cup peas  
1 carrot, finely grated  
1 tsp salt-reduced soy sauce  
Canola oil spray

**Method:**

Cook rice until soft. Lightly spray a fry pan with canola oil and place over medium heat. Crack eggs into hot pan. Stir to mix white with yolk, using a wooden spoon to separate into pieces (like a scramble). Add all veg, cook about two minutes, add brown rice and season with soy sauce.

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



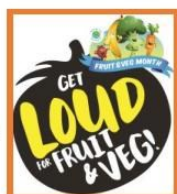
Nutrition Snippet

## The simplest way

...to get behind Fruit &amp; Veg Month.

**Get loud for fruit and veg!**

Planning is now under way for **Fruit & Veg Month** (28 August to 22 September), a free health promotion program for NSW primary schools that puts a positive focus on fruit and vegetables.



With a theme of *Get Loud for Fruit & Veg!*, the Healthy Kids Association initiative provides free classroom and school resources that promote kids eating more fruit and vegetables.

For information and registration: [healthy-kids.com.au](http://healthy-kids.com.au).

Get ready at home with *Eat It To Beat It* tips to boost the amount of fruit and veg the family eats:  
[eatittobeatit.com.au](http://eatittobeatit.com.au).

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 know the serves you need.

*Eat It To Beat It* helps families to eat enough serves of fruit and vegetables. We all need a different number of serves per day, depending on age.

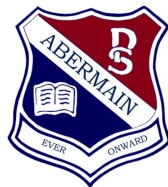
How many serves a day?	Veg	Fruit
Adults	5+	2+
Breastfeeding women	7½	2
12-18 (boys)	5½	2
12-18 (girls)	5	2
9-11	5	2
4-8	4½	1½
2-3	2½	1

**A serve of fruit** = 150g of fresh fruit or one medium or two small pieces, or one cup chopped fruit.

**A serve of veg** = 75g of veg or ½ cup cooked veg/legumes or ½ medium potato or one cup of salad.

For more information visit  
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# 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

