



AIM HIGH

SAFE, RESPECTFUL
LEARNERS



PRINCIPALS REPORT

Happy Mother's Day to all the wonderful mums in our community. I hope you have a lovely day where you get spoilt by your loved ones. Enjoy!!

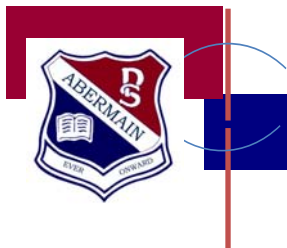
Thanks again to all the people who attended our P&C meeting on Monday 8th May. There was plenty of discussion around road safety, school photos, uniform working group, awareness days and the school gate opening time. As a result, I would like to remind parents that the school gates will be opened at 8:45am when a teacher is on duty. The first gate opened will be the main gate at the front office. Please help keep our children safe by supervising your children prior to this time. Sherpa Kids provide a before and after school care service if required. For further information contact the school office 49304210 or Sherpa Kids on 0435 378 181.

On Monday 22nd May we will be holding our Week 5 Whole School Assembly where students will be presented with their Principal Awards, Junior PBL students will receive their badges and Cross Country champions will receive their medallions. This will be an exciting assembly for many of our wonderful students.

Next Wednesday, 17th May our school leaders will attend the Grip Leadership Conference at the Newcastle University to help develop their leadership skills within our school and community.

Beyblades are one of the student's favourite hobbies/toys at the moment. Can parents/carers please assist the school by clearly labelling the Beyblades with the student's name. This will allow students to identify their toys and reduce the possibility of pieces going home with other children.

Ian Lamph



SPORT - REPRESENTATIVE

BOYS SOCCER TEAM

Our school soccer team played Kurri Kurri on Tuesday 2nd May, 2017. All the boys put up a gallant effort, but were unable to match a very capable team from Kurri Kurri.

Team Captain, Jak W, tried very hard with directing the boys positively around the paddock and led by example. Better luck next year boys!



ZONE TOUCH FOOTBALL

Congratulations to Caiden F who has recently been selected in the Cessnock Zone Touch Football team. Caiden will be competing at the Hunter Region Trials on Friday 19th May, 2017 at Wallsend. Good luck Caiden.

ZONE BASKETBALL TRIALS

Ethan H, Travis H and Caiden F attended the zone Basketball Trials on Thursday 4th May, 2017.

Although the boys didn't make it through they played extremely well and did our school proud.

REGIONAL FOOTBALL TRIALS

Jak W and Jayden B were part of the Cessnock Zone Boys Football Team that competed on Friday 5th May, 2017 at Stephenson Park, Mayfield. The boys tried very hard but unfortunately were not selected in the regional team. Great effort boys!



IMPORTANT DATES FOR YOUR CALENDAR

EARLY STAGE 1

- * Monday 5th June, 2017 - Stage Assembly - 2.30pm

STAGE 1

- * Monday 5th June, 2017 - Stage Assembly - 2.30pm

STAGE 2

- * Friday 19th May, 2017 - Stage Assembly - 9.30am

STAGE 3

- * Wednesday 17th May, 2017 - GRIP Student Leadership Conference
- * Friday 19th May, 2017 - Stage Assembly - 9.30am
- * Monday 5th June, 2017 - Canberra student and parent/carer instalment due

GENERAL

- * Friday 12th May, 2017 - Mother's Day Stall and P&C Raffle drawn
- * Friday 12h May, 2017 - Touch Football, Hunter Region Trials
- * Tuesday 16th May, 2017 - Zone Cross Country
- * Monday 22nd May, 2017 - Whole School Assembly - 2.30pm
- * Wednesday 24th May, 2017 - Athletics Carnival

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.



Good for Kids good for life MASTER CHEF TIPS FOR HEALTHIER FAMILY RECIPES

We all know that preparing meals for kids that are both tasty and healthy can sometimes be a difficult task. Here are some simple ways to substitute some key ingredients to improve the healthiness of meals and snacks.

Adding more fibre:



- swap some meat or chicken with cooked or canned legumes such as lentils, red kidney beans, chick peas
- swap half of the white flour in a recipe with wholemeal flour
- add chopped or grated vegetables or fruits to pikelets, scones and muffins

Using less saturated fat:

- swap butter for margarine
- use spray oil for cooking instead of liquid oils
- trim all visible fat from meats and chicken before cooking

Using less sugar:

- reduce the amount of sugar in a recipe by a 1/3 or even sometimes a half
- add fruit to a recipe instead of sugar as this will often increase the sweetness of the dish



Phone 4924 6499

Good for Kids good for life HEALTHY WINTER WARMERS

In winter it can be easier than usual to say no to exercise and eat more energy dense, nutrient poor foods for comfort and warmth.

But this doesn't have to be the case!



Here are some ideas for healthy meals that are cheap, delicious and warming:

- Soups—think pumpkin, vegetable, lentil, tomato or minestrone
- Toasted sandwiches—fill them with baked beans, cheese, ham, roast beef, tomato, avocado, spinach etc.
- Mini pizzas—made using English muffins, tomato paste, lean meat/veg and topped with grated cheese; cooked under the grill or in the oven
- Casserole—pack them full of vegetables such as potato, carrot, peas, celery or pumpkin



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Good for Kids good for life TOP TIPS FOR A BUSY FAMILY

A family approach to eating well and staying active is the best way to help children and parents maintain a healthy body weight.

Here are some tips:

- Keep sometimes foods (which are high in sugar, fat and salt) for special occasions and keep to small portion sizes
- When at the supermarket select only foods from the five food groups to add to your trolley. These include: fruits and vegetables, low fat dairy, lean meat and meat alternatives and high fibre breads and cereals
- Plan the family meals and snacks each week before heading to the supermarket. This ensures that you buy all the necessary ingredients for each meal and helps to avoid food wastage
- Cook extra serves of meals and freeze them for those busy nights
- Choose to only stock water and low fat milk in the fridge

For more tips for eating well see:

<https://www.eatforhealth.gov.au/eating-well/tips-eating-well>



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