SPECIAL CONGRATULATIONS

The last fortnight has seen our students involved in Public Speaking finals, Zone Athletics and Young Leaders’ Day.

We recognise the wonderful efforts of our students as they compete and represent our school. Our students continue to impress me when it comes to their overall attitude and hard work. Keep up the effort.

Positive Behaviour for Learning (PBL)

Our school values Safety, Respect and Responsibility; within our school gates, this is the EXPECTED behaviour we wish to be on display. We would like all parents to talk to their children about what it means to follow these values as it can only benefit our school culture. Any questions please do not hesitate to contact the school.

KINDERGARTEN ENROLMENTS 2015.

We ask everyone in our community if they know of a little one who may be ready to start school next year, to advise the parents to come to the school office to add their child’s name to our list. This allows us to establish communication prior to the start of our Kindy Kites program early in Term 4.

Our Kinder Orientation will be Wednesday 22nd October starting at 10am. All enrolment forms for 2015 will be included in the package for parents on that day and, are to be returned to the school office by Wednesday 29th October, their second visit. All new students will have 5 classroom visits to help them feel comfortable for next year.

“OLIVER!” SCHOOL PERFORMANCE

Students are busily practicing lines, dances and songs in preparation for our WHOLE SCHOOL musical production, “Oliver!”. There will be a daytime performance (Wednesday 17th September) and, night performance (Thursday 18th September). Please lock these dates into your calendars.

UPCOMING EVENTS for the CALENDAR

We will ensure that these dates are updated on our Website and School App:

- P&C Meeting  - Please join us - Friday 8th August- 9.15am (Straight after drop off)
- Kullaburra Aboriginal Awards night - Wednesday 20th August- 4.15pm Kurri Kurri High School
- Hunter Regional Athletics - Friday 29th August
- School Planning Day - Friday 12th September - 10am –12n

Quote of the Fortnight

Creativity is contagious; pass it on so that we can build a world with endless possibilities.

Albert Einstein

UNIFORMS

Further information regarding our new uniforms will be sent home on Friday 8th August.

We are endeavouring to have uniforms available for those who wish to purchase for next year. Any questions please contact the school.
Pirate Day

During Term 2 K/1 had been learning about Pirates. As part of this theme we celebrated with a Pirate Day in the last week of Term.

The children were divided into groups and had to complete different activities to earn enough stamps to be able to find the treasure at the end of the day. 5/6 helped to coordinate the day.

Thanks to everyone who helped to make the day a success.

Some of the activities included:

- Throwing beanbags into a bucket in 1/2/3.
- Running around the Venture Playground.
- Throwing beanbags at a target in 4/5.
- Bouncing a ball 10 times in the COLA.
- Counting for Mr Osland.
- Hopping in the SPR.
- Throwing and catching a beanbag in K/1.
- Following and counting numbers in 5/6.
AARRR!!

School

IS

GRRREAT

WE Learn

through

what

we do.
Tips to add fruit and vegetables to your child’s lunchbox

56% of NSW primary school students do not eat the recommended daily amount of vegetables\(^1\).

Fruits and vegetables provide an array of colour, taste and texture in a child’s diet. They are also an excellent source of fibre, vitamins and minerals.

**Eating fruit and vegetables daily** helps children grow and develop, boosts their vitality and can reduce the risk of many chronic diseases such as heart disease, high blood pressure, some forms of cancer and being overweight or obese\(^2\). It also helps children to meet their recommended daily intake of fruit and vegetables.

*Here are some tips to add fruit and vegetables into the lunchbox:*

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh, frozen, canned (in natural or unsweetened juice) or occasionally dried fruit</td>
<td>Vegetable sticks e.g. carrot, celery, cucumber, capsicum etc.</td>
</tr>
<tr>
<td>Bite size fruit e.g. grapes, orange segments, melon etc.</td>
<td>Bite-size vegetables e.g. cherry tomatoes, snow peas, corn kernels</td>
</tr>
<tr>
<td>Raisin or fruit bread</td>
<td>Corn on the cob</td>
</tr>
<tr>
<td>Fruit muffin</td>
<td>Vegetable muffins</td>
</tr>
<tr>
<td>Fresh fruit and yoghurt</td>
<td>Salad vegetables on sandwiches</td>
</tr>
</tbody>
</table>

*Reference:* \(^1\) SPANS 2010 Short report \(^2\) NHMRC – Australian Dietary Guidelines Summary
Welcome to the Kitchener P&C news.

P&C EXECUTIVE COMMITTEE  Our new Kitchener Public School P&C Executive Committee are ~
President ~ Tamara Phillips;  Vice President ~ Debra Burgess;
Secretary ~ Sonya O’Neil;  Treasurer ~ Dannielle Ellis.

MONTHLY P&C MEETINGS ~ Please note change of day, time & venue

After discussions at the last P&C Meeting, it has been arranged that the next P&C Meeting will be held
P&C Meetings are usually held on the first Wednesday of the month, during school terms but has been
changed for this occasion. We have changed it to this time to encourage more parents to come along

Ideas or Suggestions? Do you have fundraising ideas or just a general suggestion that can
strengthen our school but don't have the time to attend P&C meetings? You can send an email
kitchener-p.school@det.nsw.edu.au via the school.

Helpers PLEASE

We need organising helpers for OUR UPCOMING Fete to be a success on 15th November...
ideas and suggestions plus class organisers to help with the class stalls would be great. Come
along to our P&C meeting if you're interested in helping to raise money for the School or speak to
one of the P & C Ladies. The fete will only be a success if everyone works together!

New Uniform has arrived (Winter tunic will arrive by the end of the week if not already) It looks
fantastic, good quality and very smart, please have a look at it next time your in the office, we are
hoping to have the uniform shop up and running by the start of Term 4.
CALENDAR OF EVENTS

Term 3 2014

Week 4

Thursday 7th August  Flag 1/2 Mast ~ MH17 Victims
Friday 8th August  P&C Meeting ~ 9.15am ~ SPR

Week 5

Tuesday 12th August  Cessnock Fire Brigade Visit to Kindy ~ 9.30am—10.30am

Week 6


Week 7

Wednesday 27th August  Newcastle Permanent Maths Competition ~ Years 5 & 6
Friday 29th August  Hunter Regional Athletics Carnival

Week 8

Friday 5th September  Fathers’ Day Stall ~ SPR from 9.30am—10.30am
Sunday 7th September  Fathers’ Day ~ Happy Fathers’ Day to all our Dads and Grandads

Book Week ~ Lucky Door Prize tickets were given to the 62 parents & grandparents who attended our Education/Book Week celebrations last Thursday. The Swinton Family won the Lucky Door Prize ~ a $15.00 Book Fair Voucher.

A raffle was also held at our Education/Book Week celebrations with a $15 Book Fair Voucher won by the Craft Family, Jireh (K/1) and Abby (K/1). Congratulations to all our winners. $111.00 was raised from the Book Fair Raffle.

Our Book Fair sales were $1389.00. This entitles the school to 30% in book selections for our Library. Thank you for purchasing books for home, and, for our school. We really appreciate your support.

ONLY 2 MORE ENTERTAINMENT BOOKS TO SELL TO RECEIVE OUR FUNDRAISING COMMISSION!! BUY ONE AT THE OFFICE NOW!!

Merit Awards ~ Tuesday 5th August, 2014

<table>
<thead>
<tr>
<th>Yr</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>K/1</td>
<td>Taylor, Charlotte</td>
</tr>
<tr>
<td>Yr 1/2/3</td>
<td>Lucas, Lilian</td>
</tr>
<tr>
<td>Yr 4/5</td>
<td>Leila, Jyordi</td>
</tr>
<tr>
<td>Yr 5/6</td>
<td>Natalya, Willis</td>
</tr>
<tr>
<td>PBL Awards</td>
<td>Connor, Evie, Bella, Stevie, Kahlan, Karah, Orlando, Paige</td>
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<tr>
<td>Sports Awards</td>
<td>Kilarney, Riley, Bailey, Frayah, Sarah, Liam, Jesse, Ocean</td>
</tr>
<tr>
<td>Principal Awards</td>
<td>Ben B, Taylor, Bailey, Lilian, Jayden, Karah, Ben T, Anthony</td>
</tr>
</tbody>
</table>
Managing Anger

Petrol is very explosive. If you throw a lighted match into a can of petrol there will be a big bang. But, petrol in small quantities directed into a motor using a micro explosion creates a very useful result.

Anger is like this as well. If we store it up inside us it will eventually blow up and cause damage.

We can express it in small quantities as it arrive then it can be a very useful means of creating change and understanding problems.

All adults teach children how to manage their anger by the example they show around them of how the adult controls their anger.

Your children are a mirror of you.

My next article will focus on Anger Management Tips

Cherie Gibson, School Welfare worker
Education/Book Week Celebrations

Our 2014 Education Award Recipients
Paige (Student) & Ms Munday (Staff) with Mr Osland (Principal)