WE ARE ENROLING NOW FOR 2015

If you have a child or know of anyone who has a child that wishes to enrol please ask them to come in and have a look at the school.

Our first Kinder transition program day will be Wednesday 22nd October starting at 10 am. This will be a part of our KINDER KITES program to support students coming into our school.

We will also be offering ongoing morning visits within the classrooms to assist new students with their journey into big school.

Our Kindergarten numbers are very important for our school structure; information is needed so that we can plan accordingly and maintain our current class numbers and small class sizes.

FATHER’S DAY STALL

Best wishes and special thank-you to all the dads out there in our community for Father’s Day on the weekend.

We will be having our Father’s Day stall on Friday for the students to purchase a special gift if they choose. All price ranges will be catered for on the day.

UPCOMING EVENTS for the CALENDAR

These dates are updated on our Website and School APP:

- P&C Meeting & Fathers Day Stall
  - Friday 5th September - 9.00–12.00
- Stage 3 (Yrs 5 & 6) Golf Day
  - Friday 5th September - 1-3pm
- School Planning Day
  - Friday 12th September - 9.15 –11.15
- “OLIVER!!” Performance
  - Wednesday 17th September 12.30 pm–2.30pm (approx.)
  - Thursday 18th September 6.00pm— 7.30pm (approx.)
Mighty Muffin Pizzas
(Serves 36) (alter quantities to suit requirements)

- 18 wholemeal or wholegrain English muffins
- 36 teaspoons tomato paste, crushed tomatoes or passata
- Toppings of your choice, for example:
  - sliced tomato, diced lean ham, pineapple slices
  - sliced mushrooms, diced capsicum, diced ham
  - corn kernels (canned, rinsed and drained), chopped spring onions
  - 1 cup reduced fat tasty cheese, grated

1. Split each muffin in half.
2. Place muffins cut side down on toaster tray and lightly toast.
3. Turn muffins over and spread cut side with tomato paste.
4. Top muffins with your choice of “topping” ingredients.
5. Sprinkle with cheese and dried herbs.
6. Return muffins to the oven/griller and toast until golden brown.
7. Serve whole or cut muffins in half or quarters.

Alternative breads to use: wholemeal Lebanese bread or pita bread, Turkish bread, wholemeal or wholegrain rolls of different shapes.

Hunter New England Health ~ Healthy Kids Website

Good for Kids good for life

Getting kids active

Children should get a least 60 minutes of physical activity every day, including vigorous activities that make them “huff and puff”.

Physical activity doesn’t all have to happen at the one time. It can be accumulated throughout the day by walking or riding to and from school, being active at school in PE and break times, active play at home or taking part in organised sport outside of school. Be a good role model and have a positive attitude to being active. If your children see you enjoying physical activity and having fun, it can motivate them to join in.

Below is a home fun activity that you can enjoy with your children that will make them huff and puff by practising the dodge.

Dodging is a locomotor skill that involves a high degree of balance, stability and change in direction. It is common to many playground games and activities and is an important skill in the majority of team sports.

Artful Dodger
One partner stands behind the other.
On ‘go’ the front person runs around changing direction regularly.
On ‘stop’ both players freeze. If the back person can take one step and touch the front person they become the new dodger.

PHONE 1300 657 197
PARENTS’ WALKING CLUB

Morning everyone!

I’m always trying to find positive ways to engage with our community; I’ve talked to Todd (Osland, Principal) regarding starting a walking group for parents, “Walk and Talk”.

At some time in the future, we may include jogging/running for those wanting/able to. We will start with a walk group, and progress to jogging/running in later sessions, continuing the walk sessions for those interested.

I’m thinking Monday and Friday mornings from 9.15am, after drop off, around the Kitchener Poppet Head dam to start, then onto further routes.

The “Walk and Talk” group is open for all mums and dads and grandparents of our school. With spring and summer coming on, there will be an ever-changing scenery to enjoy.

Just meet at the school front gate, wearing comfortable walking shoes, with a drink bottle, hat, sunnies and, we’re off!!

The group walks will commence next Monday (25th August) and Friday (29th August). Looking forward to catching up with you all.

Virginia Webb (mum of Elke & Ruby)

Permission to Publish

The Department of Education and Communities have provided a more detailed Permission to Publish information letter for parents to read, consider and complete. A “General Permission to Publish” form has been given to each child (1 per child, not 1 per family).

A form must be completed for each child indicating either “Yes” or “No” and returned to the school office.

Full details are contained in this departmental letter.

New enrolment forms, which are to be used by schools, have been printed ready for our new Kindy intake of enrolments for next year (2015) and onwards. These new enrolment forms reflect this updated information for General Permission to Publish.
Sizzling Spring Sevens Camp ~ NSW Rugby 7’s

Rugby 7’s is making its Olympic debut in Rio in 2016 and this camp is an ideal place to learn the basics of seven-a-side rugby in a fun, safe environment. Each participant will receive a 7’s hat, 7’s towel and experienced coaching from NSW Participation staff.

Age Groups: U7’s—U12’s
Location: No 5 Sportsground Smith Street, Newcastle West
Date: Monday 22nd and Tuesday 23rd September (school holidays)
Cost: $140

Register now. www.nswrugby.com.au

Come and join us every Tuesday during school terms at 9:45am - 11:45 $3.00 per family (excl. membership*) Please supply your children's own morning tea. Tea and coffee and biscuits supplied for parents. Check out Kitchener Playgroup
Contact Heather on 0400425739


Contact Heather on 0400425739
Welcome to the Kitchener P&C news.

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

Our next P&C Meeting will be held on Friday 5th September. 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.

The P&C fundraising BBQ at the Play Group Car Boot Sale went well and we would like send out a special thank you to Paul Swinton who kindly offered to cook the BBQ for us, very much appreciated thank you Paul!! Also Deb’s mum Marilyn who is always such a great help, thank you. Thanks to all that donated cakes on the day and supporting our fundraiser.

The Father's Day stall this year will be held on the morning of Friday 5th September, in the School Community Hall. The P&C will be purchasing gifts for the students to buy, but, donations are also most welcome, and, would be greatly appreciated. (only new items, please)

We are currently making arrangements for a School Fete, to be held in November. Helpers are required particularly to help with organising each class to operate a stall at the Fete. We would appreciate suggestions & ideas so please see one of the P & C ladies to discuss.

If you would like to read the minutes of the latest P & C meeting held on 8th August it is on the School website.

Our next P&C Meeting will be held this Friday (5th September) from 9.15am onwards — concurrently with/around the Fathers’ Day Stall, in the SPR.

All are welcome, and encouraged, to attend.

Helpers PLEASE ~ Upcoming Fete

We need organising helpers for OUR UPCOMING Fete to be a success in November (date to be confirmed)... 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 ~ Our new uniform looks fantastic, good quality and very smart. We’re hoping to have the uniform shop up and running by the start of Term 4.

NEW SCHOOL UNIFORMS

Uniform Order Forms were sent home last week; if you still need to complete these, please return them to the school office as soon as possible so that the P&C have a general idea of the quantity of each size to order from the supplier.
### CALENDAR OF EVENTS

#### Term 3 2014

#### Week 8
- **Monday 2nd—Friday 5th Sept**: School Administrative and Support Staff (SASS) Recognition Week
- **Friday 5th September**: Fathers’ Day Stall ~ Community Hall from 9.30am—10.30am
  - P&C Meeting ~ 9.15am Community Hall (in conjunction with Fathers’ Day Stall)
- **Sunday 7th September**: Fathers’ Day ~ Happy Fathers’ Day to all our Dads and Grandads

#### Week 9
- **Tuesday 9th September**: Last Tuesday AASC of Term 3
- **Wednesday 10th September**: Last Wednesday Learning Centre for Term 3
- **Thursday 11th September**: Last Thursday AASC of Term 3
- **Friday 12th September**: School Planning Day 9.15am—11.15am

#### Week 10
- **Wednesday 17th September**: Matinee Performance “Oliver!” 12.30pm—2pm (approx.) SPR
- **Thursday 18th September**: Evening Performance “Oliver!” 6pm—7.30pm (approx.) SPR
- **Friday 19th September**: Last day of Term 3

#### Term 4 2014

#### Week 1
- **Monday 6th October**: Labour Day Public Holiday ~ NO School
- **Tuesday 7th October**: ALL students, teachers and staff return for Term 4

### Merit Awards ~ Tuesday 2nd September, 2014

<table>
<thead>
<tr>
<th>Grade</th>
<th>Award Holder</th>
</tr>
</thead>
<tbody>
<tr>
<td>K/1</td>
<td>Jessica S, Bethany</td>
</tr>
<tr>
<td>Yr 1/2/3</td>
<td>Shakiya, Gilby</td>
</tr>
<tr>
<td>Yr 4/5</td>
<td>Jennefer, Kahlan</td>
</tr>
<tr>
<td>Yr 5/6</td>
<td>Orlando, Willis</td>
</tr>
<tr>
<td>PBL Awards</td>
<td>Levi, Braiden, Lilian, Elke, Jayden, Olivia, Ocean, Mat G</td>
</tr>
<tr>
<td>Sports Awards</td>
<td>Seth, Aiden, Rory, Lucas, Monique, Kaleb, Allahna, Jesse</td>
</tr>
<tr>
<td>Principal Awards</td>
<td>Riley, Haylee, Tiana, Laura, Sam, Jennefer, Ellie, Evan</td>
</tr>
<tr>
<td>Stars of the Fortnight</td>
<td>Evan, Ruby</td>
</tr>
</tbody>
</table>
The Importance of Self Care

Being a parent or carer can be rewarding and yet at the same time, it can be exhausting.

Jug Analogy

I like to refer to parent and carer roles as being like a jug of juice, milk or water that just keeps pouring out to others; continually giving to others. As we keep pouring out our love, support, giving, running around endlessly etc, the levels of our jug get lower and lower and before you know it, the jug can feel empty.

It is during these times, when our jug is low or empty, that may we feel tired, frustrated, physically exhausted or “at the end of our tether”.

Self Care Is Essential no matter what level “the jug” is at. What do you do to look after yourself? Here are just a few ideas that may “refill your jug”. Everyone’s jug is refilled differently.

- Take a quiet walk by yourself or with a friend
- Read a magazine or book that you wouldn’t normally read
- Meet up with a friend for coffee
- Do something tourists do in your area
- Give yourself a present
- Allow yourself to have fun
- Make your favourite dinner
- Watch your favourite DVD again

Cherie Gibson
School Welfare Worker
Kitchener Public School Presents

Wednesday 17\textsuperscript{th} September  12.30pm – 2.00pm (approx.)

Thursday 18\textsuperscript{th} September  6.00pm – 7.30pm (approx.)

In our SPR

Tickets will be on sale at the office soon.

Admit 1 ~ $5.00 (all tickets)    All Welcome

All proceeds go to the Creative Arts program.
Year 5/6 have been having lots of fun whilst learning.

In **Science and Technology**, we have been building Natural and Built environments.

In **Literacy**, we have been creating stories that include our special friends in K/1. Jai is sharing his story with Kilarney. It is called Kilarney’s Plan to Take over The World.
In Maths, we have been working in learning groups exploring various aspects of measurement. On Friday we have Speed Maths where we work in small groups to solve various mathematical problems. We have also been creating wonderful art pieces and participating in lots of fun sporting activities.
Last Friday, a group of Year 10 students from Bishop Tyrell came to Kitchener Public School to run a Fundamental Movement Skills course. The older students ran ten different activities including; Running, Hopping, Vertical Jumping, Two Hand Strike, Kicking, Catching, Balancing, Dodging, Leaping and Throwing. All these skills allow for people to perform across a wide range of sports.

In running, we had to run around the cones in a specific order and see how fast you could go.

During hopping, we had to pick up bean bags while hopping as fast as possible. This required us to use balance and strength.

We performed a vertical jump were you had to jump as high as you could and whack as many pegs as you could. This was fun as you were challenging yourself just like a professional athlete.

In two hand strike we had to hit three balls from a tee inside a V shaped area as far as you could to get points. It was not just about how hard you hit the ball but the control you had to show to hit it in the right areas.

The older students set up a Kicking grid were you had to kick the ball from six different spots into an AFL goal so you could get points, once again this was not as easy as it sounds.

In the catching skill grid, one person had to hold a slingshot with a ball in it and the other person had to go out onto a field and they had to be ready to catch it. The slings were great fun to use.

During our balancing activity you had to stand with one foot on your knee with hands on your hips and then after a minute you had to stand on your tiptoes.

In dodging we had to avoid balls that were being thrown at you. You started with 20 points and every time you got hit you would lose a point. Some of us ended up with less points than others.

In our leaping skill grid we had to jump, or step over, hurdles as fast as possible. We had to make sure we did not hit any so it did not slow us down.

The last activity skill set was throwing. This was where you had a bucket full of tennis balls beside you and had to throw them at a set of cricket stumps. Hitting the stumps was the name of the game.

After the activities two of the Year 10 girls talked about how it is good for us all to eat plenty of fruit and drink water during exercise. The visiting head teacher then tallied all the results and gave some students a free movie ticket for their efforts.

Overall it was heaps of fun to interact with older students and challenge ourselves to get our best times or scores.

From Zachary and Anthony (Yr 5/6)