

Shellharbour Public School



Newsletter - Term 2, Week 5

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Upcoming Events

Saturday, 1 June

Dance Festival troupe
matinee performance

Wednesday, 5 June

State of Origin Meal Deal Day

Friday, 7 June

Regional Cross Country

Monday, 10 June

Queen's Birthday Public Holiday

Friday, 5 July

Last day of Term 2

PERIMETER FENCE



With a gestation period resembling an elephant (two years apparently), the official handover of our fence was last Tuesday. You would be concerned about someone who gets too excited about 'a fence', but the fact is that it has only been made possible through petitions, representations to local (and non-local) members of Parliament, numerous grant applications and constant agitation over the past ten years. It is also a magnificent example of what happens when a P & C works in combination with their school to enact school improvement. I've been blessed to work alongside the best P & C any Principal could hope to have by their side. My thanks to the P & C and President, Jess Crouch in particular. Thanks for your co-operation as well around our revised entry and exit procedures. Ensuring your child's safety and protecting our hard earned resources has always been our intention. The pedestrian gate at Mary Street will open at 7.45 am and close at 9.30 am. In the afternoon, it will open at 2.30 pm and close at 4.30 pm. Outside these times, just press the button at the Mary Street. Our local cricket club, which is full of Shellharbour PS students, will continue to have access to our cricket nets and our great neighbours in the Uniting Church will continue

to have access to our carpark each Sunday morning ensuring all their parishioners can attend the Sunday morning service.

FUNDRAISERS



Thanks for your support of our P & C fundraisers. I understand that 'The Hustle' raised \$930.00 and was enjoyed by all those who attended and was a lot of fun (so I'm told....). The Election Day barbeque raised just under \$1000 and the Dinner & Dessert Drive (good pie weather) just over \$1000. The next P & C meeting will be on Wednesday, 12 June at 6.30 pm in the staffroom. All are welcome to attend!!

NAPLAN 2019

I've got no doubt that the 'system' will get better at administering NAPLAN online. Whilst our Year 5 students experienced the same technical difficulties that other schools did, only a small number decided to re-sit the tests earlier this week.

RUGBY UNION SUCCESS

Israel Folau may have left the building, but the Watsonsons have arrived!! Very pleased for two unassuming and humble young men who are progressing nicely through their chosen sport. David and Tyler Watsonson will be playing for the Junior Illawarriors Rugby Union team at the NSW State Championships to be held on 20 and 21 July on the Central Coast. Great work boys and good luck.

Ben McCann from i.t.basecamp in Huskisson has been helping us refine how we put our reports together. You won't notice any discernible difference when they come home in a few weeks, but I can assure you that the many hours that Ben has put into working with Jo Dyson, Megan Taylor, Janaya Rose and Belinda Dawson has saved your child's teacher time better spent on other areas of their teaching responsibility. Ben is refusing to charge us for his time, so we have put the equivalent of his fees into our Science and Technology budget for 2019. Along with funds that the Merritt family were able to help us secure through the Telstra Kids fund, we are now able to purchase targeted Science resources.

i.t.basecamp

DANCE TROUPE



DANCE TROUPE

Our dance troupe did us proud at the IPAC over the last few days! If you missed seeing the Shellharbour Public School Dance Troupe and their item titled 'This Is Me' you missed something very special. The performances of our dance troupe highlighted what comprehensive public school education is all about. Most of our thirty dancers receive no private dance lessons and the only instruction they have received has come through lunchtime rehearsals conducted by Tina Barrett. With evening performances on Wednesday and Thursday and a matinee on Saturday, the stage at the IPAC felt like home to this great group of kids! My thanks to Tina Barrett for

providing these experiences for Shellharbour students. Our students looked great and danced superbly. Special thanks to the 'dance Mum and Dads' for your continual support too.

LITTLE AND EARLY LEARNING LABS

The University of Wollongong would like to invite students to LITTLE AND EARLY LEARNING LABS, an academic enrichment holiday program. They are targeting students from Year 1 to 6 during 2019, who are passionate, self-motivated and curious learners.

Dates: Little Learning Labs (Years 1 and 2): 8 – 10 July 2019

Early Learning Labs: (Years 3 to 6): 16 – 18 July 2019

Venue: University of Wollongong (Wollongong Campus)

Applications close: 29 May 2019

APPLICATION PROCESS

- Parents/Guardians visit our website and read the full list of workshops available by selecting the blue button relevant to their child's age group
- Parents/Guardians fill out the online application form
- As this is an academic enrichment program designed for students who are motivated and passionate learners and high performing in their area of interest, first-time applicants are required to demonstrate their suitability for the program. One piece of supporting documentation is required (see 'Supporting Documentation' section on website)

Please know that workshops fill very quickly.

For further information about workshops and the application process, please visit the website or contact the Learning Labs team via email at learning-labs@uow.edu.au or phone on (02) 4221 5557.

IMPORTANT DATES LEADING UP TO SEMESTER ONE REPORTS

- Friday, 28 June - Reports home
- Monday, 1 July to Friday, 5 July - Parent/teacher interviews. This is the last week of Term 2



BIKE EXCURSION AND RIDING TO SCHOOL

Year 3 have been enjoying their day at The Bluescope Bicycle Safety Park at the PCYC, Warilla. This permanent bicycle training facility gives young people the practical experience of following road rules and safe bicycle usage. It is one part of a broader bicycle education program at this school. On a practical level, if your child rides a bike to school they need to get some information from us which asks you to do certain things around helmets, bike maintenance and bike security. Most importantly it also asks you to discuss

with your child the route they will take to get to school and home each day. No-one at this school should be riding on the roads.

KINDER 2020

We are now taking enrolments for Kindergarten 2020. If you plan to send your child to this school in 2020, it is important that we know this as soon as possible. Please call into the school office and get enrolment forms. Alternatively, if you know someone who wants to send their child to this school in 2020, please pass on this message. Potential out of area enrolments should speak to the Principal. The process for enrolling a child in a school, (particularly your first one) can be confusing. If you know someone in this position, please ask them to call the school and we will be only too happy to help.



THANK YOU

My last day as Principal of this great public school will be Friday, 5th July. It has been an absolute privilege to be a part of this magnificent school community, at different times as a parent, a teacher, Assistant Principal and as its Principal. Many thanks for your support. I've loved every minute of it.

Things won are done,

Joy's soul lies in the doing.

Troilus and Cressida

Act I. Scene II.

Dr John MacDonald
Principal

PEER SUPPORT NEWS

This week we introduced a 3 step model this to encourage resilient responses; Pause, Plan, Proceed. The children take part in an activity to identify their feelings and the immediate effects on their bodies ie butterflies in their stomachs. The normalcy of feelings is acknowledged and the importance of being proactive is stressed. The children learn that pausing when they are emotional is helpful. They can do this by being still, taking a deep breath or counting to ten. Pausing gives children space to see a situation more accurately before planning a response. Ask your child to describe the 3 steps of the model and what is involved in each one.



RUGBY LEAGUE

On Tuesday, 28 May, our rugby league team travelled to Warilla to compete in the NSW PSSA Classic Shield Rugby League Knockout. The boys played two games on the day, unfortunately suffering two nail-biting defeats against Oak Flats and Mount Brown Public Schools. While the results didn't go to plan, all 18 young men who participated could certainly walk away with their heads held high. The boys wore their hearts on their sleeves, playing in the spirit of the game, while making lifelong memories in an

enjoyable day for all involved - ***Mr Rodrigues, Rugby League Coach***

PRESENTATION ASSEMBLY AWARD WINNERS

We congratulate the following students who received awards at our Presentation Assembly held on Thursday, 23 May 2019:

GOLD MEDAL

Levi Nizza

BANNERS

Stevi King

Layla Townsend

PENNANTS

Amarli Daskowski

Imogen Young

Layla Townsend

Evie Manukonga

Emma Knight-Hawkins

Layla McIlquham

Maeve Grenfell

Eve Greentree

Stevi King

Levi Nizza


Breakfast for Brain Power



'Breakfast' literally means to break the fasting period endured overnight. Starting the day with a nourishing breakfast matters, as research shows children who skip breakfast are significantly more likely to perform poorly at school. The reason for this is that the brain needs glucose to function, which comes from carbohydrate-rich foods. So it pays academic dividends to send your kids to school with brekkie down the hatch, especially a breakfast that combines:

- ✓ **Carbohydrate-rich foods:** to fuel the brain. Examples: wholemeal toast, crumpets, English muffins, porridge oats, wholegrain flaky cereal, fruit (fresh, dried or canned in natural juice)
- ✓ **Protein-rich foods:** to help stay satisfied for longer. Examples: milk, yoghurt, cheese, eggs, baked beans, nut butter spreads, nuts and seeds

My top brekkie picks include:

Nutritious Breakfast Ideas	Top Tip
High-fibre breakfast cereal with reduced-fat milk. Top with fresh or canned fruit and reduced-fat yoghurt.	Look for wholegrain cereals with a 'Health Star Rating' of 4 or more (out of 5 stars). 
Wholemeal toast or crumpets with a healthy topping (e.g. sliced banana & honey; peanut butter; vegemite & avocado; cheese & vegemite).	If 'wholemeal' bread isn't a favourite, try a 'smooth wholemeal' or a 'high-fibre white' bread.
Fruit/raisin toast with ricotta and sliced banana.	Fruit/raisin toast is a great after-school snack too!
Wholemeal English muffins topped with poached or scrambled eggs.	Protein rich foods like eggs help to fill us up and keep us feeling satisfied for longer.
Porridge with grated apple and sultanas.	Adding fruit to porridge boosts the fibre content and reduces the need for sugar.
A jaffle made with wholemeal bread and filled with baked beans; cheese and tomato; or canned apple, sultanas & cinnamon.	Baked beans are packed with protein and fibre and make for a great start to the day.
Bircher muesli	Make your own or buy a bircher muesli mix from the breakfast cereal aisle. Simple mix with reduced-fat milk and soak in the fridge overnight. Easy!
Berry smoothie – made with reduced-fat milk, mixed frozen berries, reduced-fat strawberry yoghurt and rolled oats. Blend for a delicious and nutritious meal in a glass.	This is a nutritious and delicious breakfast for on-the-go!

By Vanessa Schuldt, Accredited Practising Dietitian (APD)

For more tasty & nutritious ideas, go to  **@nutritionsspeak**



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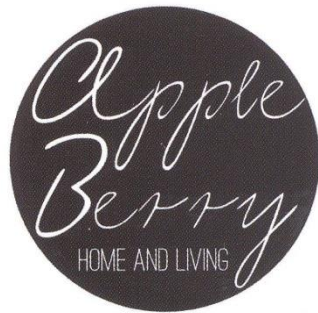
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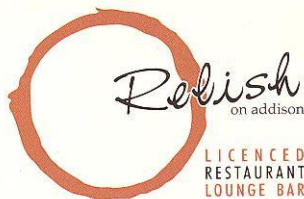
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