

Hamilton North Public School

Dynamic, Personalised Learning.

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Chalkboard - Term 1 Week 3 Wednesday, 11th February 2015



Callaghan Waratah Campus High Achievers Class 2016

Information booklets and applications for Year 6 students seeking to apply for the Waratah High Yr 7 Gifted and Talented (GATS) Class are now available from the office. I would recommend all Yr 6 students and their parents have a look at the information booklet as this class has proven very successful for participating students since it was formed. Completed applications should be returned to our office by Friday 20th March.

P&C Committee

Congratulations and thank you to our newly elected P&C Committee 2016.

President Karl Moir
Vice President Dave Stephenson
Treasurer Gillian Squires
Secretary Xanthe Roxburgh

Assembly

This week's assembly will be at 2:20pm in the hall. Class 5/6 will present an item.

School Bags

School bags are available for purchase from the school office for \$40. These are extremely durable, have a 15 year warranty and have the school logo on the front. The bags make it easy for your children to be responsible with their belongings.

Friday Sport

Swimming—a lot of shirts and shorts went “missing” on Friday. The ones with names on are easy to sort out but I had to simply try my best with ones that did not have names. Undies should also have names on them—there was a pair that no one owned left behind last week..

PLEASE PUT NAMES ON EVERYTHING

SCHOOL-SWIMMING-CARNIVAL

Our whole School Swimming Carnival will be held on Thursday, 19th February 2015 at Lambton Swimming Pool. Cost for pool entry and bus is \$9.00.

Money and permission note must be paid to the school office by Monday, 16th February. No money or notes will be accepted after this date.

Parent Helpers are needed on the day and please remember all spectators have to pay the entry fee of \$3.10 on the day.

Please see information and permission note at the end of the Chalkboard and if you are able to help on the day please complete the helper section or let Mrs Jackson know.

WORKING BEE

We are holding a working bee at school on Friday, 20th February. Please see the note at the end of the Chalkboard and consider coming along.

It is always a fun, productive day.

Class Information Night Timetable.

| | |
|-----|-----------------------------|
| 2/3 | Wednesday 11 February, 5:15 |
| 4B | Thursday 12 February, 5:15 |
| 4/5 | Wednesday 11 February, 5:45 |
| 5/6 | Thursday 12 February, 5:45 |

Canteen Volunteers

Don't forget that our canteen coordinators, Shelley Brandon, Mel Keegan and Eryn Duck, are looking for some additional volunteers to do canteen. You can help out as much or as little as suits you, eg, once a week, fortnight, month or term. Your help is very much appreciated and your kids will love seeing you here at school. Ms Deakin

Canteen News

Canteen days at this stage are on Wednesdays and Fridays, Lunchtime Only. If we do not have more helpers on these days we will not be able to open the canteen at all.

Attached to the Chalkboard is a Canteen Menu Pricelist, all foods are reasonably priced.

Our canteen is run by volunteers and all money raised is for the benefit of the students.

At the end of the Chalkboard is a note asking for volunteers for all days to see if more people are willing to help out and keep the canteen open. The canteen day for volunteers commences at 9.00am and finishes about 12.00 noon. It is a great way to meet other parents, make friendships and your child always loves to see you at school, especially in the canteen.

Library News

Thank you to all those students who returned their books to the tubs on the library verandah.

Scholastic Bookclub brochures are in the library today for students to take if they wish. There are some wonderful books for very reasonable prices. All orders and money must be handed to the school office by Tuesday of next week (17th February), unfortunately no orders will be processed after this date. All commission from the sale of Bookclub books is used to buy more books

for our library.

It was great to see so many students borrowing last week. Please remind your child that TUESDAY is library day.

NO BAG = NO BORROWING.

ENVIRONMENT NEWS

Thank you again to all our helpful gardeners who came out and braved the mossies to weed, water plants and clear the vegie beds in preparation for the Working Bee.

WORKING BEE

20th FEBRUARY 3pm –
5pm

Thank you to everyone who has returned their slips indicating their participation. So far we have 30 wonderful helpers, but with over 60 people involved in last year's Working Bee, we are hoping to get a few more volunteers out in our gardens next Friday afternoon.

For planning and catering purposes, please return the slip below so we can organise equipment and order supplies.

Don't forget we will end the afternoon with a BBQ for everyone involved.

This really is a fantastic family afternoon for everyone to get involved in. We hope to see you there!

WORKING BEE

I am happy to help with the Working Bee on Friday 20th February from 3pm – 5.30pm.

I am happy to help in any area _____ or _____

I would prefer to help out in particular with _____

There will be _____ number of persons attending.

Name _____ Phone No. _____

CLASSROOM REMINDERS

Class KB

We have started Take Home Reading this week – the book is in the green bag. These are books for you to read to your child. They need to be brought back to school EVERY day to choose another one. Homework folders are kept in the green folder as well. Please don't use them for food or water as the books will get either wet or dirty.

Also don't get these confused with their library books which come back to school ONLY on TUESDAYS.

This week we have been looking at our families – how they are the same and how they are different. Could everyone send in a family photo to put up on our wall and to discuss next week.

Class 1R

This term we are looking at Family Life, Past and Present.

A note was sent home on Monday regarding photos and news next week.

Regular homework begins next week.

Thank you to all of you for paying for book packs. Please send in your covered books as soon as possible.

Class 4BE

We are looking forward to seeing you in the 4BE classroom on Thursday, from 5:15, for our Parent Information Evening. Mrs Bell and Mrs Evans.

Student Information Update.

Below is a form to complete, if you have changed any details such as address, phone numbers, work numbers, emergency contacts etc and we have not as yet been advised of these changes. Please ONLY complete any changes – DO NOT complete whole form if information is still the same and return to the school office by next Friday, 20th February.

STUDENT INFORMATION UPDATE

Student Name _____ Class _____

Student 's Home Address _____

Parent/Carers Contact Phone Numbers:

Home Phone No. _____ Mother's Mobile _____

Mother's Work No. _____ Father's Mobile _____

Father's Work No. _____

Emergency Contact Phone Numbers:

Name of Emergency Contact 1 _____ Relationship to Student: _____

Contact Phone No. _____ Contact Mobile No. _____

Name of Emergency Contact 2 _____ Relationship to Student: _____

Contact Phone No. _____ Contact Mobile No. _____

Healthy Food Guidelines

Best left in

Fruits and Vegetables

Best left out

All fresh fruit
(whole or cut up)
Fruit in natural juice
(from a tin or tub)

Whole vegetables
(e.g. corn on the cob)
Salad vegetables
Canned vegetables (e.g. corn)
Vegie sticks

Fruit juice and fruit drink
Fruit straps
Fruit bars
Potato chips and crisps

Best left in

Breads and Cereals

Best left out

Breads: loaf, pita, rolls, Lebanese, wholemeal, wholegrain, Turkish, scrolls, pumpkin bread, raisin bread, rye
*High fibre breakfast cereals
Rice
Pasta
Noodles
Pikelets/pancakes
Fruit muffins/scones

Pasta or rice salad
Air-popped popcorn
Cous cous
Rice/corn cakes
*Rice crackers
Crumpets
*Crispbread/crackers

*Low fibre, high sugar or salt breakfast cereals
Pastries e.g. croissants, donuts, danish
2 minute noodles
*Muesli and cereal bars
Cakes
Sweet biscuits – plain, cream filled, chocolate and chocolate chip
Coloured, buttered or salted popcorn

Best left in

Milk, Yoghurt, Cheese

Best left out

Cheese
Plain milk
Vanilla or fruit yoghurt
Custard

Note reduced fat dairy products are recommended for children over 2 years of age

Flavoured milk
Flavoured custard
Dairy desserts or puddings

Best left in

Lean Meat, Fish, Chicken or Alternative

Best left out

Roast beef, tuna, salmon
Lean chicken, fish, pork, veal, beef, lamb
Cubes of tofu
Hard boiled egg
*Baked beans
4 bean mix
Kidney beans
Lean meatballs
Sardines

Note check your service allergy policy before sending eggs

Frankfurts
Cabanossi
Chicken roll
Bacon
Sausages
Chicken patties
Sausage rolls or pies
Salami
Devon

Best left in

Drinks

Best left out

Water
Plain milk

Fruit juice and fruit drink
Soft drinks
Cordial
Flavoured mineral waters
Flavoured milk
Energy drinks
Sports drinks

*Use these guidelines to choose healthier packaged foods

Good for kids
good for life

| Nutrition information: | | |
|-------------------------|----------------------|-------------------|
| Servings per package: 3 | | |
| Serving size: 150g | | |
| | Quantity per serving | Quantity per 100g |
| Energy | 608kJ | 405kJ |
| Protein | 4.2g | 2.8g |
| Fat, total | 7.5g | 4.9g |
| - saturated | 4.6g | 3.0g |
| Carbohydrate | 18.6g | 12.4g |
| - sugars | 18.6g | 12.4g |
| Sodium | 200mg | 133mg |

Always compare products using the 100g column

Less than 20g fat per 100g

Less than 5g saturated fat per 100g

Less than 15g sugar per 100g

Less than 600mg sodium per 100g

MULTI PERMISSION NOTE

It would be appreciated if every family could take the time to complete the Photographs used for School Promotion note below so that we may update our records regarding whether your child's name, photograph can be placed on our Facebook page, on the Internet Web Page etc. Please return these to the school office by next Friday, 20th February.

Photographs used for School Promotion

Throughout your child's time at primary school (K-6) photographs or videos of students are taken for a variety of reasons (listed below). They are usually a record of school events and programs. We require your permission to use images of your child in any of these instances. Please indicate **yes** or **no** after each use in the list to indicate your approval.

| | |
|--|--------|
| School Newsletter | Yes/No |
| Multimedia Display (eg PowerPoint, movie) | Yes/No |
| Foyer or Classroom Displays | Yes/No |
| Excursion photograph albums (printed or on CD) which may be made available to other students | Yes/No |
| Assembly or Class Presentations | Yes/No |
| Class and group photographs for sale to other students (eg annual class photographs) | Yes/No |
| School Internet Site (on the World Wide Web) | Yes/No |
| School Facebook Page | Yes/No |
| Media (newspapers or television) | Yes/No |

If at any time you wish to withdraw that permission, please notify the school in writing.

Permission Note: Use of Photographs/Videos

I give permission for my child _____ (full name)
of year _____ to be photographed and photographs used as indicated in the list above.

Signature: _____ (Parent/Caregiver) Date: _____

Permission Note: VIDEO/DVD Screening

Occasionally teachers select a program/movie for students to watch which is related to school activities and which may have a PG rating.

Please sign the permission note below if you are happy to allow your child to watch a program/movie with a PG rating.

I give permission for my child _____ (full name)

of year _____ to watch PG rated programs/movies.

Signature _____ (Parent/Caregiver) Date: _____

SCHOOL BANKING

Well done everyone. We had 7 new bankers on Friday – also the largest amount of deposits, 43 and not everyone banked!

It took longer to put the information through the computer system, but I certainly didn't mind.

The school also received a commission of \$91.35 from the bank for last quarters deposits. It was decided to give the money to the library as we use the library verandah for banking and we can all do with more books.

Thanks
Terrie

CALENDAR OF EVENTS

| | | |
|-----------|---------------|---|
| Thursday | 19th February | Whole School Swimming Carnival – Lambton Pool |
| Monday | 16th March | P & C Meeting, 6pm, Hamilton North Bowling Club |
| Wednesday | 25th February | Zone Swimming Carnival |
| Thursday | 26th March | Whole School Photos |
| Saturday | 25th April | Anzac Day Dawn Service – Gregson Park – |
| Monday | 27th July | K-6 Excursion to Civic Theatre |

CANTEEN HELPERS

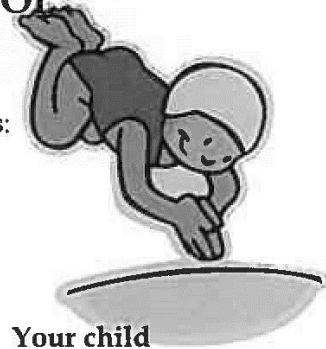
I am able to help work in the canteen on the following days:

Monday Tuesday Wednesday Thursday Friday (please circle)

Childs Name _____ Class _____

Signed _____ Phone No. _____

HAMILTON NORTH PUBLIC SCHOOL SWIMMING CARNIVAL



Dear Parents

The Hamilton North Public School swimming carnival details are as follows:

- When:** Thursday 19th February 2015
Venue: Lambton Swimming Pool
Cost: \$9.00 per child (pool entry and bus)
No payments will be accepted after Monday the 16th
If your child has a season pool pass the cost of the bus is \$6. **Your child must bring their pass on the day or they will be charged for pool entry.**
Time: The bus will leave school at 9.15am and return to school by 2.30pm
Clothing: All children are required to wear hats and surf shirts. Surf shirts may be removed for events in the 50m pool only. Suitable clothing and shoes are to be worn.
Sunscreen: Needs to be brought so it can be reapplied during the day.
Food: The children need to bring lunch, recess and drinks. Money for the canteen is optional.
Events: Children who turn 5,6 or 7 years this year will be able to participate in the novelty events in the 25m shallow pool. The 25m races will also be held in the shallow pool. Children who turn 8, 9, 10, 11,12 or 13 years this year are eligible to participate in the events in both the 25m and 50m pools.

PLEASE NOTE:

Children competing in the 50m pool need to be able to swim the length of the 50m pool without stopping.

Hamilton North Public School Swimming Carnival Permission Note

I give permission for my child _____ of class _____ to attend the swimming carnival at Lambton Pool on Thursday 19th February 2015. I understand that my child will be travelling by bus and I enclose \$9 to cover the cost of bus and pool entry. I would like to advise that:

- ☐ My child is able to swim 50m without stopping and is able to participate in the 50m events.
☐ My child will only be participating in the 25m events
☐ My child is a non swimmer and will only participate in novelty events.
☐ Yes I will be taking my child home from the pool.

Parent/Carers Name: _____ Signature: _____

Medication/Allergies

My child requires medication during the course of the day (please circle one) **Yes / No**

If your child requires medication, please explain the condition and medication required.

Adult Helpers - As a small school we depend on adult helpers to make the swimming carnival a success. If you are able to assist, please complete this form and return it to the school by Friday 12th February.

I will be available to help out at the swimming carnival.

_____ (Helpers Name) _____ (Child's Name)

**STUDENTS, PARENTS, FAMILY & FRIENDS -
YOUR SCHOOL NEEDS YOUR HELP!**



Join us for the afternoon at our annual

WORKING BEE

- New garden beds
- Garden maintenance
- New compost system
- New gravel pathways
- New planting
- Shed installation
- Mulching
- Irrigation set-up

Friday 20th February 3pm-5pm
Meet in the orchard • BBQ Provided