Kinchela News

Learning in Harmony
The 4 C’s - Caring, Courtesy, Co-operation, Common sense

Kinchela Public School
5 Right Bank Road KINCHELA NSW 2431
Email: kinchela-p.school@det.nsw.edu.au

Issue: Week 5 Term 1 2014
Date: 25 February 2014

DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Wednesday 26 February</td>
<td>Lower North Coast PSSA Swimming Carnival</td>
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<tr>
<td>Friday 28 February</td>
<td>Clean Up Australia Day YOGA Begins</td>
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<tr>
<td>Wednesday 5 March</td>
<td>Parent School Information Session 2.00 pm</td>
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<td>Wednesday 12 March</td>
<td>North Coast PSSA Swimming Carnival - Lismore</td>
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<tr>
<td>Tuesday 11 March</td>
<td>Glasshouse Port Macquarie Excursion – TASHI 11.00 am</td>
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<td>Monday 17 March</td>
<td>NAPLAN Video Conference Years 3 -6</td>
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<tr>
<td>Friday 21 March</td>
<td>Harmony Day Bullying No Way Day</td>
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<td>Tuesday 25 March</td>
<td>P &amp; C AGM</td>
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<td>Friday 28 March</td>
<td>Boardies Day Gold Coin Donation</td>
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<td>Saturday 29 March</td>
<td>Earth Hour</td>
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<tr>
<td>Thursday 3 April</td>
<td>Seniors Mixed Netball Gala Day - Kempsey</td>
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<td>Friday 11 April</td>
<td>Last day of term one</td>
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MACLEAY DISTRICT PSSA SWIMMING CARNIVAL

Congratulations to the following students who represented Kinchela Public School at the Macleay District Swimming Carnival last Wednesday. We are very proud of all our students who competed whilst striving to do their personal best. The camaraderie was commendable! Well Done!

Abby – 8 years 50 mt freestyle
Mae – 9 years 50 mt freestyle
Kirstyn – 10 years 50 mt freestyle, 50 mt breaststroke, 50 mt backstroke
Indie-Bella – 12 years 50 mt freestyle
Maggie – 12 years 50 mt freestyle, 50 mt breaststroke
Willow – 12 years 50 mt breaststroke
Katie – Junior 50 mt backstroke

INTERNATIONAL COMPETITIONS AND ASSESSMENT FOR SCHOOLS (ICAS) 2014

Students in Years 3, 4, 5 & 6 have the opportunity to participate in the International Competitions and Assessments for Schools (ICAS). Our students have been invited to participate again this year in the competitions and the dates are listed below. The competitions comprise assessments in Computer Skills, Science, Mathematics, Spelling, English and Writing.

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<th>Student Name:</th>
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$ TOTAL DUE

Please note that the cost of each assessment will be subsidised by Kinchela Public School.

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Please cut here and return to the school office
COVERING NEW BOOKS
We need your help in covering new books with contact. We have set up an area in the Library with all the equipment you need to assist in covering books. If you think you can help please call the office to organise a time that suits you.

DURRI ABORIGINAL CORPORATION MEDICAL SERVICE
Last week, our Year 5 & 6 students attended an in-school workshop on Type 2 Diabetes. Janice from Durri ACMS facilitated a very informative and interesting session on the importance of living a healthy lifestyle. The three key factors in lowering your risk to type 2 diabetes are:

- **Be more Active** – play for at least one hour a day
- **Eat Well** – Eat more fresh fruit and vegetables
- **Drink More Water** – Quench your thirst with water

For further information please click on the link below
http://www.healthinfonet.ecu.edu.au/key-resources/organisations?oid=1019

Banana muffins were an absolute hit with all our students

BUDDY COOKING
Banana Muffins

**Ingredients**

- ½ cups rolled oats
- 1 and a ⅓ cup of self-raising flour
- 1 teaspoon of baking powder
- 1 and a ½ bananas
- ⅛ cup maple syrup
- ⅛ cup shredded coconut
- ¾ cup soy milk
- 1 teaspoon vanilla essence
- ⅓ cup olive oil

**Method**

1. Preheat oven to 180
2. Lightly grease muffin trays.
3. Slice bananas.
4. Combine oats, flour and baking powder.
5. Make a well, add banana, maple syrup, shredded coconut, soy milk, vanilla essence and oil. Stir until just combined.
6. Divide mixture into muffin tray. Bake for 25 minutes or until golden.
7. Allow to cool before serving.

LOWER NORTH COAST PSSA SWIMMING CARNIVAL PP5 RELAY
Congratulations to the following students, Indie-Bella, Kirstyn, Maggie, Tyanne, (reserve Willow) who have qualified to compete in the PP5 relay tomorrow in Kempsey. A special mention to Willow, who qualified to compete in the individual 50 m breaststroke. GOOD LUCK GIRLS!

APPLICATIONS FOR YEAR 7 ENTRY TO THE VIRTUAL SELECTIVE CLASS PROVISION
Applications for Year 7 entry to the virtual selective class provision are now available for gifted and talented students. Students successful for entry to this virtual class will be enrolled at a local class for the majority of their subjects but will be taught English, mathematics and science in a virtual environment together with other gifted and talented students in rural and remote areas through the creative use of communications technologies.

This means that they can access a challenging academic program without leaving home and friends to do so. Further details are available on the following web sites: http://www.schools.nsw.edu.au/learning/k-6assessments/shsplacement/ss_virtual.php

If you wish to apply for this provision on behalf of your child you will need to complete an online application at www.schools.nsw.edu.au/shsplacement urgently, prior to 28 February 2014.

All candidates for the virtual selective class provision must take the Selective High School Placement Test on 13 March 2014 and you will be advised directly by the High Performing Students Unit about the test centre you will have to take your child to.

If you do not have access to the Internet please contact Kinchela Public School for assistance.

*Kylie Nicholson
Principal

COMMUNITY NEWS
SOUTH WEST ROCKS NIPPERS

- 2nd March Normal Nippers Day.
- 9th March LAST DAY OF NIPPERS, please bring a plate of food to share. There will also be hotdogs, sausage sandwiches and drinks for sale.
- NIPPERS PRESENTATION: SUNDAY 30th of March, 1pm till 3pm, at the Surf Club in the main area upstairs