DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 5 March</td>
<td>Parent School Information Session 2.00 pm</td>
</tr>
<tr>
<td>Thursday 6 March</td>
<td>Assembly 2.00 pm</td>
</tr>
<tr>
<td>Friday 7 March</td>
<td>Yoga</td>
</tr>
<tr>
<td>Tuesday 11 March</td>
<td>Glasshouse Port Macquarie Excursion – TASHI 11.00 am</td>
</tr>
<tr>
<td>Wednesday 12 March</td>
<td>North Coast PSSA Swimming Carnival - Lismore</td>
</tr>
<tr>
<td>Friday 14 March</td>
<td>Bullying No Way Day</td>
</tr>
<tr>
<td>Monday 17 March</td>
<td>NAPLAN Video Conference Years 3 -6</td>
</tr>
<tr>
<td>Thursday 20 March</td>
<td>Assembly 2.00 pm</td>
</tr>
<tr>
<td>Friday 21 March</td>
<td>Harmony Day</td>
</tr>
<tr>
<td>Tuesday 25 March</td>
<td>P &amp; C AGM</td>
</tr>
<tr>
<td>Friday 28 March</td>
<td>Boardies Day Gold Coin Donation</td>
</tr>
<tr>
<td>Saturday 29 March</td>
<td>Earth Hour</td>
</tr>
<tr>
<td>Thursday 3 April</td>
<td>Seniors Mixed Netball Gala Day - Kempsey</td>
</tr>
<tr>
<td>Friday 11 April</td>
<td>Last day of term one</td>
</tr>
</tbody>
</table>

PARENT INFORMATION SESSION 2.00 PM

Tomorrow, Wednesday 5 March, 2014 Ms Foulkes and Mrs Kerrigan are facilitating a parent information session. This is a wonderful opportunity for all our parents to come together and see first-hand a day in the life of a Kinchela Public School student.

Items that will be addressed in the session will include:

- Class Timetables
- Lesson demonstrations
- Homework
- Extra-Curricular activities
- Sport
- Administration procedures
- Parent Question Time

We are providing an afternoon tea therefore for catering purposes could you please ring the office on 6567 4828 and advise if you are attending.

We look forward to seeing you all tomorrow.

Back L:R Mrs A, Indi-Bella, Mrs Nicholson, Front: Kirstyn, Maggie
Absent: Tyanne, Willow

LNC PSSA SWIMMING CARNIVAL

Congratulations to Indie-Bella, Maggie, Tyanne and Kirstyn who represented Kinchela Public School at the LNC PSSA Swimming Carnival last Wednesday. We are very proud and excited as the girls placed third in the PP5 relay.

Willow swam in the 12 years 50 mt breaststroke and was up against the best of the lower north coast.

Willow performed like a real champion achieving her personal best.

The girls are travelling to Lismore on Wednesday 12 March to compete in the NC PSSA Swimming Carnival. We wish them the best of luck!

WE NEED YOUR HELP!

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.

STUDENT PERMISSION NOTES

Please be aware that we send home student excursion and permission notes on a weekly basis. To highlight the
importance of permission notes we send them home on brightly coloured paper. Please support your child and our school administration staff in signing the permission notes and returning them as soon as possible.

AROUND THE ROOMS

5/6
What a busy fortnight we have had. We have had several girls represent Kinchela in the PP5 Relay team and one in the 50m breaststroke. Well done to all the girls.

In spelling we are working on sound and letter combinations. The students need to practice these words at home to get the most out of each weeks work.

We would like the students to be well prepared for their upcoming NAPLAN so it is important to give them as much help as we can.

In HSIE we are looking at China and the influence it has on our society. We have been comparing the Chinese way of life to ours and have had some very interesting discussions.

In Maths we have been looking at shapes and how they are made up, angles and Roman Numerals. Students have shown a keen interest in the way roman numerals work and how it relates to today's society.

All students are reading daily in class and at Buddy Reading times. I hear all students read at least once a day and they are progressing well. Please try to encourage all students to read at home. It only needs to be 5 to 10 minutes but this helps with their fluency. If you have any concerns regarding reading please contact me and we will endeavour to solve the issues.

Homework has been coming in each week. Congratulations to all who have completed it. Most students have taken a contract book and it would be great for them all to return it completed each week. Keep up the great work.

Mrs Nicholson
Principal/Teacher

3/4/5
This week the 3/4/5 class are looking at the oa, o-e, ow sounds in spelling and verbs- past, present and future in grammar. The students all participate in daily guided reading groups and are continuing to develop their skills in persuasive writing.

In Maths we are consolidating place value and learning 3 and 6 times tables.

The students are enjoying our Science unit immensely and have discovered that sound has something to do with ‘vibrations’ and is not just ‘noise’.

Mrs Kerrigan
Teacher

K/1/2
In HSIE and Science we are looking at the world. In Science, we have been looking at light and colour. We created a rainbow and learned why rainbows occur. In HSIE, we ‘visited’ France and we are creating paintings of the Eiffel Tower.

KINDERGARTEN
The Kindergarten students have been progressing well with their sounds. Their sounds for this week are ‘e’ as in egg, ‘h’ as in hop, ‘r’ as in rug and ‘m’ as in mud. We have been practising our sight words, correct letter formation, as well as word building with our known sounds.

In Mathematics, we have been looking at time (night time, day time, days of the week, yesterday, today, tommorrow) as well as comparing and ordering size (taller, shorter, longer).

YEAR 1 AND YEAR TWO
The year 1 spelling focus for this week is ‘qu’ and the year 2 focus is ‘ph’. In grammar and writing, we have looked at sentence structure, nouns and verbs, while the year 2 students have also been looking at speech marks.

In Mathematics, the year 1 students are practising counting forwards and backwards to 30.

The year 2 students are continuing skip counting by 2s, 3s, 5s and 10s. They are looking at graphs and data, as well as multiplication (groups of).

LIBRARY
Wednesday is library day. Please ensure your child brings their library bag each Wednesday and returns borrowed books.
**COOKING/GARDENING**

Last week the students prepared Chicken and Herb Tarts. These were delicious and make a quick, easy lunchbox snack or light meal.

In addition, the students were busy preparing the garden in front of the K/1/2 building for improvements using the Coles Landcare grant received last year.

**Chicken and Herbs Tarts**

**Ingredients:**
- 2 pieces of mountain bread (or 2 gluten free wraps)
- 200g cooked chicken breast
- 1 stalk of celery
- 1 tablespoon of chives
- 1 tablespoon of parsley
- ½ cup rocket/baby spinach salad mix
- ¼ lemon
- 2 tablespoons ricotta cheese
- Pepper

**Method:**
2. Remove from tray and allow to cool.
3. Finely chop parsley, chives and rocket/spinach mix.
4. Finely dice celery.
5. Roughly chop chicken.
6. Combine parsley, chives, rocket/spinach mix, chicken with ricotta cheese and greek yoghurt.
7. Squeeze lemon juice over mixture. Add pepper. Mix.
8. Place mixture into mountain bread shells. Serve.

For vegetarian version, do not use chicken. Use extra ricotta and spinach/rocket mix.

**SPORT**

The children have been getting active everyday through daily fitness, developing a range of fundamental movement skills.

We had our first session of Yoga on Friday. The students enjoyed the new experience. Gretchen will be taking the children for Yoga every Friday for a total of 5 weeks.

Mark has installed netball hoops on the oval. These will be used as part of the School’s sport program.

**Ms Foulkes Teacher**

**TECHNOLOGY**

I have an exciting learning year ahead for our students.

**Year 6** began the year by learning how to print one page of a several page document. In MSWord 10 there is a screen shot function, but this function is not in earlier versions so Yr6 have been learning how to use the PrtScr button on the key board to take screen shots. This week they will learn how to set tabs.

**Year 5** Began with a pumpkin story and learnt how to place the graphic behind the text. They are learning the clever functions of the F4 key and how to find and replace words in a block of text.

This is a story about a pumpkin.

First, there was a little pumpkin that grew and grew into a big pumpkin.

Next, the little pumpkin grew bigger and bigger until it was 3 feet tall.

Then, somebody took the pumpkin home and carved funny teeth and a goofy smile into it.

Finally, the huge pumpkin sat happily in the window scaring all the little kids.

**Year 4**

This is a lesson I call ‘Tables with Attitude’. There is a lot involved in producing this document. Inserting a table, borders and shading, changing the font size to 240, indenting the first line in each box, adding shading to the text, the list goes on. Well done to all the Yr4 students who have produced a great table.

<table>
<thead>
<tr>
<th>CARS</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ford</td>
<td>10</td>
<td>9</td>
<td>8</td>
<td>6</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Prado</td>
<td>16</td>
<td>13</td>
<td>18</td>
<td>10</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>Mazda</td>
<td>18</td>
<td>17</td>
<td>19</td>
<td>14</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Holden</td>
<td>6</td>
<td>8</td>
<td>11</td>
<td>12</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

**Year 3** are learning about Excel spreadsheets. Creating graphs and learning simple formula for adding columns of numbers.

**Evie’s Fruit shop**

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>D9</td>
<td>A</td>
<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>4</td>
<td>Apples</td>
<td>$3.00</td>
<td>$2.95</td>
<td>$8.85</td>
</tr>
<tr>
<td>5</td>
<td>Oranges</td>
<td>$5.00</td>
<td>$0.98</td>
<td>$4.90</td>
</tr>
<tr>
<td>6</td>
<td>grapes</td>
<td>$2.00</td>
<td>$2.48</td>
<td>$4.96</td>
</tr>
<tr>
<td>7</td>
<td>Mangos</td>
<td>$5.00</td>
<td>$10.00</td>
<td>$50.00</td>
</tr>
</tbody>
</table>

$68.71
Year 2 are learning how to insert graphics into tables and how to shade cells in different colours.

<table>
<thead>
<tr>
<th>Summer</th>
<th>Autumn</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Winter</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3.png" alt="Image" /></td>
<td><img src="image4.png" alt="Image" /></td>
</tr>
</tbody>
</table>

Year 1 continue with writing sentences and inserting graphics and now can add page borders to their work. Last week they were introduced to thumb drives so their work can be saved each week.

Mrs Daelman  
Technology Teacher

COMMUNITY NEWS

SOUTHWEST ROCKS NETBALL 2014
Final week for registrations
Our final day to register is this Thursday. If there are any girls turning 10, 11 or 12 this year, we have teams for you. Please contact Kellie Duff or myself ASAP. Our meet and greet day will also be held this Thursday, 6th March at 5pm at the courts near the Country Club.

COMMUNITY PETITION

Help us WIN the Jamie Oliver Pop-Up Kitchen
Most of us have heard of Jamie Oliver. Well his Ministry of Food is running a competition which will result in one community in Australia becoming the host for a Pop-Up Kitchen for one year. Let’s make it KEMPSEY SHIRE! The Pop-Up Kitchen is a space where people can become inspired and learn to cook healthy food from scratch. If you would like to show your support and help Kempsey Shire WIN the Jamie Oliver Pop-Up Kitchen for a year, please add your name to the Petitions located in and around the Macleay Valley and tell us why we should win.

COMMUNITY NEWS

SOUTHWEST ROCKS NETBALL 2014
Final week for registrations
Our final day to register is this Thursday. If there are any girls turning 10, 11 or 12 this year, we have teams for you. Please contact Kellie Duff or myself ASAP. Our meet and greet day will also be held this Thursday, 6th March at 5pm at the courts near the Country Club.

COMMUNITY PETITION

Help us WIN the Jamie Oliver Pop-Up Kitchen
Most of us have heard of Jamie Oliver. Well his Ministry of Food is running a competition which will result in one community in Australia becoming the host for a Pop-Up Kitchen for one year. Let’s make it KEMPSEY SHIRE! The Pop-Up Kitchen is a space where people can become inspired and learn to cook healthy food from scratch. If you would like to show your support and help Kempsey Shire WIN the Jamie Oliver Pop-Up Kitchen for a year, please add your name to the Petitions located in and around the Macleay Valley and tell us why we should win.

Safe Lunchboxes

In most cases, food is stored in lunch boxes for several hours, so the lunch box needs to stay cool.

Food safety suggestions include:

- Choose an insulated lunch box or one with a freezer pack, or include a wrapped frozen water bottle to keep the lunch box cool.
- Follow hygienic food preparation methods. This is especially important when food will be stored in the lunch box for many hours before eating.
- Perishable foods such as dairy products, eggs and sliced meats should be kept cool and eaten within four hours of preparation. Don’t pack these foods if just cooked. First cool in the refrigerator overnight.