DATES TO REMEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Monday 25 August – Friday 19 September</td>
<td>Fruit N Veg Month</td>
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<tr>
<td>Thursday 28 August</td>
<td>Relay For Life</td>
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<tr>
<td>Monday 1 September</td>
<td>Dental Hygiene Years K – 2</td>
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<tr>
<td>Tuesday 2 September</td>
<td>School Photos</td>
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<td>School Uniform Must Be Worn</td>
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<tr>
<td>Monday 1 September – Friday 5 September</td>
<td>Spring into Art</td>
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<tr>
<td>Monday 8 September – Friday 12 September</td>
<td>Sydney/Bathurst Senior Excursion</td>
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<tr>
<td>Friday 19 September</td>
<td>Dhalayi Doctors Graduation 2.00 pm</td>
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AUSSIE OF THE MONTH

Congratulations to Jamie (see right), he is the worthy recipient for July’s Aussie of the Month. Jamie is well behaved in class and completes his work. He is a kind person and makes you laugh.

COLD AND FLU SEASON

It is that time of year when noses are running and the coughing is non-stop. If your child is feeling unwell, please refrain from sending them to school and sharing their germs. A tip to stop the spread of germs is always wash your hands thoroughly with soap and running water for at least 15 seconds and dry them with a clean towel after blowing your nose and coughing into your hands.

SCHOOL CONTRIBUTIONS NOW DUE!

Thank you to the families who have paid School Contributions. The amount of school contributions remain the same as in previous years:

- $25.00 per student
- $15.00 for second child
- $ 5.00 for third child

RELAY FOR LIFE 2014

WE NEED YOUR HELP!

On Thursday, 28 August, 2014 at 11.30 am to 2.30 pm, we will be hosting a fun filled afternoon of activities helping to raise funds and awareness for the Cancer Council and Relay for Life.

It has been decided to charge a flat fee of **$5.00 per student** or **$10.00 per family** instead of the students bringing in .20 cent / .50 cent pieces and gold coins. This option will alleviate loss of coins and each student can participate in every activity including a BBQ lunch and drink and 3 guesses in the jellybean guessing competition.

Gladstone and Bellimbopinni schools are joining us and therefore we require your help. Please see below the activities running on the day, however we need some parent volunteers.

- **Dress Theme:** purple & yellow
- **Walk-a-thon:** Students, Parents, Family and Friends to unite and walk as one around the school grounds.
- **Face Painting / Crazy Hair:** (Parent Volunteers Needed)
- **BBQ Lunch:** Banga Sanga & Poppa Juice
- **Cake Stall:** (Parent Volunteers Needed)
- **Guess the number of jellybeans in the jar**

Games of:

- Soccer
- Netball
- Basketball Shoot Out

If you can volunteer some time or just bake a slice and send it to school on Thursday 28 August it would be greatly appreciated.
AROUND THE ROOMS
5/6
The senior class has been working really well. We have been focusing on our Maths groups and working productively through the topics. We have covered fractions and decimals in Year 6 and estimating grams, kilograms and tonnes in Year 5. All students are gaining a solid understanding of what we are covering.

In writing we are looking at Discussions and the difference between this and Persuasive texts. The students have had some very in depth discussions regarding whether Friends or Family are more important. Some of their responses were very interesting and were backed by some solid arguments.

We have investigated the Titanic and how it ended up at the bottom of the North Atlantic Ocean. Some amazing facts have been found out and these will be presented at Assembly on Thursday.

Mrs Nicholson
Principal/Teacher

3/4/5
This week the 3/4/5 class is looking at the ‘u’ making a ‘ue’ sound and short vowels. In grammar we are changing nouns to adjectives by adding ‘y’.

We are revisiting the genre of persuasive writing and entering a competition to win a family pass to the NRL grand-final. Good luck to all our students!

In maths the students have been busy measuring the area of a letter that they designed and converted it from centimetre grid paper to metres on the concrete outside.

This week is Science week and on Tuesday afternoon students are bringing in their own experiments and demonstrating how they work.

Mrs Kerrigan
Teacher

K/1/2
In the K/1/2 class we are looking at the text type procedures. We are looking at the uses and writing features of a procedure.

We are beginning our artwork for the Spring into Art exhibition at Gladstone Art Gallery in week 8.

KINDERGARTEN
In Mathematics we have been making bundles of ten and using these bundles to represent numbers in the teens. We have been looking at position and interpreting simple maps and plans.

YEAR ONE
In spelling, the year one students are looking at the ‘ou’ sound. We have been practising alphabetical order and using the dictionary.

In Mathematics, the year one students have been using number lines for skip counting and solving addition and subtraction.

YEAR TWO
The year two students have been looking at words with a silent ‘h’. We have been learning about adjectives and using them to make our writing more interesting. In Mathematics, the year 2 students have been looking at subtraction with trading using concrete materials, as well as modelling and ordering 3 digit numbers.

SPORT
We have been playing tee-ball for Sport this term. Last week we progressed from skill development to playing full games.

LIBRARY
Library will be on a Tuesday for the remainder of the term. Please ensure your children return their library books each Tuesday and bring their library bags.

Thank you to Rotary for their donation of $300.00 to Kinchela Public School’s library. Their donation has enabled us to purchase this year’s shortlisted children’s books.

COOKING
We have been back in the kitchen preparing almond butter balls and banana breakfast bars. Absolutely delicious!

PREMIER’S SPORTING CHALLENGE
This term the Premier’s Sporting Challenge is running at Kinchela Public School. The Premier’s Sporting Challenge encourages students and staff to be active and to develop healthy habits. Students and staff record and log their daily activity and work towards achieving bronze, silver, gold or diamond level awards.

Ms Foulkes
Teacher
A proud member of the Macleay Educational Community of Public Schools
delivering Excellence, Opportunity, Innovation, Success.

KINDergarten 2015
Enroll Now!
Do you have a child who will be starting Kindergarten at Kinchela Public School next year?

Do you know anyone with a child who will be starting Kindergarten at Kinchela Public School next year?

If so, could you please contact the school office on 6567 4828 so that we can forward enrolment forms and orientation details to the families of those children.

Starting school is a very exciting time and we aim to make this process enjoyable and stress free.

Year 5/6 Bathurst/Sydney Excursion
The year 5/6 students depart for the Bathurst / Sydney on Monday 8 September which is just over two weeks away. Just a friendly reminder that all excursion fees must be paid by Friday 29 August, 2014. If you wish to discuss your payments any further please do not hesitate to contact Mrs Nicholson.

Canteen Next Monday 25 August:
The canteen will be open next Monday. Thank you to Robert Heaton and Joe Perry and all our wonderful parent volunteers who continue to volunteer their precious time in running our school canteen.

School Photos Tuesday 2 September
Full School Uniform to be Worn
School photos will be taken on Tuesday 2 September commencing at 9.30 am by Sal Newton Portraiture. Sally Newton, Jamie and Ruby’s mum, has offered to take the photos and co-ordinate the orders and delivery. Sal has decided to donate 100% of the funds less the cost of printing to the Kinchela Public School P & C. So let’s get behind this wonderful initiative and purchase a school photo package. A big heartfelt thank you to Sally for her wonderful generosity! The order form will be sent home with your eldest child this week.

Community News

South West Rocks Netball News
Presentation Days
NSW Swifts Raffle / Presentation Days
Please ensure you sell your tickets and return all money and ticket books to your coach. Junior presentation will be held on Sat 13th Sept at Little Bay shelter shed and Senior’s will be on Sat 30th August at the Seabreeze Beach Hotel as part of the German Fest. More details to come shortly

Hat Head Nippers Muster Day
Date: Sunday 31st August 2014 & Sunday 21st Sept. 10am – 12.30pm at Hat Head Surf Life Saving Club. Contact: Nikki 0438 752 008 or Natalie 0427 116 362.

Nippers rego $55 with an adult as an associate member $20. Nippers cap $8. Club rash shirts provided. Club swimmers and hats available on the day. Nippers start date will be Sunday 12th October.

South West Rocks Nippers News
Nipper Sign On Days: FRIDAY 5th September 5 till 7pm and SUNDAY 14th of September 3 till 5pm. Swimmers, compulsory high visibility rash tops and age caps available for purchase. Any enquiries call Shannon on 0434 316 273.

Kempsey Little Athletics Registration Days
Registration Dates: 29th August and 5th September (Fridays) at Little Athletics Field, Services Park, Kempsey from 4-6pm. Trial dates: 12th September and 19th September. Further enquiries, phone Tracey on 0427 686 598.

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WHY DON’T WE SELL SOFT DRINKS?

In Australia, children are consuming too many sugar-sweetened drinks, which are high in kilojoules and low in nutrients. Since 2007, the Sugar-Sweetened Drinks Ban has been in place in all NSW schools.

This ban applies to soft drinks, energy drinks, fruit drinks, flavoured mineral water, sports drinks, cordials and iced teas.

Be sure to try some of the nutritious and tasty drink options at the canteen instead.

For more information, visit www.healthy-kids.com.au

WHAT IS FRESH TASTES?

Our school implements the Fresh Tastes @ School NSW Healthy School Canteen Strategy, which means our canteen has guidelines to follow when designing the menu. Fresh Tastes @ School uses a coloured spectrum to categorise food based on nutritional value:

GREEN: these foods are a good source of nutrients and contain less saturated fat, sugar, salt and excessive kilojoules so fill the menu with these foods.

AMBER: these foods have some nutritional value, moderate levels of saturated fat, added sugar and salt so select these foods carefully, avoid large portion sizes and don’t allow them to dominate the menu.

RED: have little to no nutritional value and are high in saturated fat, added sugar, salt and excess kilojoules These foods can only be sold on two occasions per term.

For more information, visit www.healthy-kids.com.au

Be Active Every day

Everyone - not just kids - needs to be active every day. But how much activity do we need?

<table>
<thead>
<tr>
<th>Age group</th>
<th>How much physical activity</th>
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<tbody>
<tr>
<td>5-12 years</td>
<td>≥ 60 mins/day moderate-vigorous activities</td>
</tr>
<tr>
<td>12-18 years</td>
<td>≥ 60 mins/day moderate-vigorous activities. Try to include ≥ 20 mins vigorous activity 3-4 times a week.</td>
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<tr>
<td>Adults</td>
<td>≥ 30 minutes/day of moderate-vigorous activities. For even more health benefits, try to include more activity and vigorous activity throughout the week.</td>
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Moderate activities make your heart beat faster and breathing become quicker. E.g. walking fast, bike riding, dancing, playing on park equipment, and skateboarding

Vigorous activities make you huff and puff. E.g. organised sports, running, swimming laps, star jumps, and skipping