Kinchela News

“Learning in Harmony”

Kinchela Public School
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Email: kinchela-p.school@det.nsw.edu.au

Issue: Week 6 Term 1 2016

DATEs TO REMEMBER

<table>
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<th>TERM 1</th>
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<tr>
<td>Friday 4 March</td>
<td>Clean Up Australia Day</td>
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| Tuesday 8 March           | International Women’s Day  
                          P & C Meeting 5.00pm |
| Wednesday 9 March         | North Coast Swimming |
| Friday 11 March           | Macleay Rugby League |
| Thursday 17 March         | Mixed Netball Gala Day Kempsey |
| Friday 25 March           | GOOD FRIDAY           |
| Monday 28 March           | EASTER MONDAY         |
| Friday 8 April            | Last Day Term 1       |

LNC & NORTH COAST SWIMMING

Congratulations and well done to all our swimmers who competed at the Lower North Coast Swimming Carnival last Wednesday. Kinchela Public School was named the Champion School on handicap points.

We are very proud of our PP6 Relay team who will be competing in the Earl MaGee (Small Schools) Relay at the North Coast Swimming Trials to be held in Kempsey on 9 March 2016.

The team, comprising of Abby, Mae, Kirstyn, Kaitlyn and Tayla, progressed through various levels of competition to be able to compete at North Coast level.

Abby will also be competing in the 10 year old girl’s 50 metre freestyle, having achieved 2nd place at Lower North Coast.

Congratulations and good luck to the team at the North Coast Swimming Trials!

ASSEMBLY AWARDS WEEK 4

CLASS AWARDS:

Ms Foulkes Merit Awards
- Leo, Grace, Maya, Lily-Rose, Jacob

Alwyn Merit Awards
- Abby, Kaitlyn

Library Awards
- Mae, Willow

Quicksmart Awards
- Takira, Evie

Health Lunchbox Awards
- Kaitlyn, Kirstyn, Mae, Evie, Tayla

Kritter Draw
- Mae, Leo

AROUND THE ROOMS - 3/4/5/6

In the senior room this fortnight we have been researching the Amazon. We discovered how large an area the Amazon covers and that different species of animals, birds, deadly marine life, plants and insects were found in this lush, amazing area.

We are also looking at the world population and have found out that many thousands of people are born every second as well as passing away. Some people are born on the 29th February which gives them a birthday every 4 years, forever staying young.

Today we constructed a column graph on our spelling results and found that we are very good spellers. We will continue for the rest of the term and will measure our results and hopefully show an improvement in our spelling.

Healthy Lunchbox winner with an egg salad is Mae
In Mathematics, we challenged ourselves with a very large number sum and most of us were correct in our answers. We all tried very hard to obtain the correct answer and showed our understanding of carrying and place value.

**The 3/4/5/6 Class**

![Image of Lauren & Ashley harvesting eggplant and cherry tomatoes from our school vegie patch]

**K/1/2**
Everyone is making steady progress and is trying hard which is pleasing to see.

In our grammar lessons Year 1 have been learning about Proper Nouns and how they should have capital letters. Year 2 are learning about question marks and speech marks and when to use them.

Spelling is progressing well with students taking home their spelling words and completing the Look Cover Write Check of their words each night.

During maths Kindergarten, Year 1 and 2 have been covering measurement studying length, volume and area.

In our History component we are learning about "Families Past and Present”. We are finding out about all the things that make families similar and different. The things families like to do together and how they work together to function as a unit. We are learning out about the way families in the past spent their leisure time and the things they used to help them function in the house and at work.

**LIBRARY**
Our author this fortnight is Robin Klein, our own local author. She has written such books as "Thingnapped " and “Boris and Borsch."

The areas from General 000 to Religion 200 is the Section in the Library we have been learning about. We are looking to see what resources are kept in these Sections.

**Jacqueline Ironfield**
Teacher/Librarian

**CHICKENPOX OUTBREAK**
It has come to our attention that there has been an outbreak of chicken pox in some other schools in the area. Please be aware that if your child is feeling unwell please keep them at home.

**Symptoms:**
- Chickenpox begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

**P & C NEWS**
The next P & C Meeting is being held at the school on Tuesday 8 March 2016 at 5.00 pm. All welcome!

**ORDER FORM**

**FLEECY BOMBER JACKETS** $27.00 each
**NEW SCHOOL SHIRTS** $23.00 each

Students Name:..........................................................

Childrens Size: (please circle) 4 6 8 10 12 14 16

Quantity: ..........................................................

Payment Amount Enclosed:...........................................

Signature:..........................................................

A proud member of the Macleay Educational Community of Public Schools delivering Excellence, Opportunity, Innovation, Success.
OLD SCHOOL UNIFORMS
The P & C has decided to donate all the “OLD” school uniforms to our sister school in Papua New Guinea. The P & C thought it may be a good opportunity to do a clean out of old school uniforms at home and you too might like to donate them to this worthy cause. Please note they must be washed and bagged if you wish to donate.

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<td>Monday 7 March</td>
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<td>Monday 14 March</td>
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<td>Monday 21 March</td>
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COMMUNITY NEWS

FREDERICKTON NETBALL REGISTRATION DAYS
WHEN: 2nd March 2016. WHERE: Club House Flanagan St, Frederickton (Off Great North Road)
TIME: 4:30 pm - 5:15 pm
CONTACTS: Sandy Willis 65668307 or Belinda O'Meally 65668876. All ages! Every one welcome. Subsidys available and early bird discount applies.

KEMPSEY JUNIOR RUGBY UNION REGO
4.00pm, Tuesday 22 & 29 March at the field behind Kempsey Toyota.
U8s to U10s – $55.00. U12s to U14s – $70.00
Kempsey Juniors U8 to U12 will play in the Port Macquarie Friday night competition, with several home games at Crescent Head on Sunday morning. Check Kempsey Cannonballs Facebook page for more info.

HORNETS THE CLUB FOR YOUR FAMILY!
Kempsey Hornets football (soccer) club sign on rego days When: Saturdays: 20 & 27 February, 9.30am - 1pm
Where: Kemp Street fields. Ages: 2 years to 103 years Both male and female. More Info phone 0408 656 267

MACLEAY VALLEY RANGERS
Parents don’t worry you haven’t missed out in registering the kids this season. ALL PLAYERS WELCOME
No matter your skill level. Spots available in junior teams
Register on-line www.myfootballclub.com.au or
Contact Larisa 0407-597-375
E: info@macleayvalleyrangers.com.au

Thank You for supporting our school
Cascade Nursery
Gladstone General Store
Gladstone Fruit n Veg
Hat Head Shop

BRAVE Self Help is an online program for the prevention, early intervention, and treatment of youth anxiety. It was developed at The University of Queensland by experts in youth anxiety and has now been running for over 14 years throughout Australia. The program is fun, interactive, based on cognitive-behavioural principles and has been found to be effective in reducing anxiety in children and adolescents. It has helped hundreds of children experiencing social anxiety, shyness, separation anxiety, phobias and general worries. BRAVE Self Help is now available to use at home for free due to the support of Beyondblue. Any Australian young people who would like help with anxiety can access the self help program via https://bravedy.uq.edu.au/. The program can be accessed through any computer or tablet device, at any time and includes up to 10 sessions for youth. Parents can also take part in a separate parent program to learn ways of helping their child or teenagers manage anxiety. Teachers, young people and parents can also find out more about the program or take a trial or any of the programs through the BRAVE website.

Curves
Get fit, healthy & toned for summer
Join today!
Phone us for a FREE tour & fitness assessment
Phone: 66623884
Curves Kempsey

A proud member of the Macleay Educational Community of Public Schools
delivering Excellence, Opportunity, Innovation, Success.
MECS Recognition Survey

*Please fill in and return to our school office by Friday 4 March 2016*

Thank you for taking the time to complete this short survey. Your contribution will provide us with the important information needed to help us to celebrate the wonderful achievements of your children and our students into the future.

1) Have you heard of MECS before?

2) If you have heard of MECS, could you please describe what you think MECS does?

3) Who do you think are members of our MECS group?
   - Only Macleay public primary schools
   - Only Macleay public high schools
   - All Macleay public schools
   - All Macleay public and private schools

4) "MECS" actually stands for "Macleay Educational Community of Schools" and consists of all public primary and high schools in the Macleay. Independent schools are not members of this group.

   The purpose of MECS is to provide our students the fullest range of opportunities and our staff the best professional learning from across our 17 schools. MECS is responsible for a number of highly valued initiatives.

   Due to the significance of MECS and its benefit to local students we are considering the option of a name change. From the list below, could you select the name you think is the most ideal for our group or suggest one or your own.

   - Macleay Educational Community of Schools
   - Macleay Schools
   - Macleay Public Schools

5) Thinking specifically about “Macleay Educational Community of Schools” as our name, please comment why you think it is suitable or otherwise.

6) Thinking specifically about "Macleay Schools" as our future name, please comment on why you think this name is suitable or otherwise.

7) Thinking specifically about "Macleay Public Schools" as our future name, please comment on why you think this name is suitable or otherwise.