



# Kitchener Public School

38 Richmond Street, Kitchener, 2325

Phone: 4990 2974

Fax: 49911875

Email: [kitchener-p.school@det.nsw.edu.au](mailto:kitchener-p.school@det.nsw.edu.au)

## Impressive Start to the new school year.

Wednesday 13th February, 2019

Dear Parents and Caregivers,

What a great start to our school year. I have been so impressed with how settled and engaged all of our students have been in the classrooms and learning environments and the positive talk amongst each other during play time.

This afternoon we have our first parent/teacher meeting for the year. This is a casual meeting, starting at 3:30 and a great way to meet your child's teacher and hear about what will be happening at the school this year. If you wish to have more in-depth discussions with your child's teacher please arrange a time to meet with the teacher by contacting them before or after school hours.

We will be welcoming Mrs Belinda Waugh as a permanent appointment on the 3/4 class from the start of Term 2. Mrs Waugh comes to us from Gol Gol Public School and has received a transfer to our beautiful school. She is very excited about making the move and has had experience teaching Stage 2 previously. We look forward to meeting Mrs Waugh and welcoming her into our school family. Mr Kelly will continue on in the role of 3/4 teacher for the remainder of Term1 and will be able to provide a smooth handover to Mrs Waugh when she arrives.



Congratulations to all of our students who attended the Small Schools Swimming carnival on the 1st February. Once again I was extremely proud to see the level of participation and support for each other that our students displayed. I had many members of other schools compliment our school on their behaviour and positive attitude that was on display. It was a great day! Students who have qualified for Zone have received their letters and will be attending the Zone carnival on Wednesday 20th February at Cessnock Pool. We wish them all well.

Yesterday we started a Mindfulness program across the school, with Kylie from Head and Heart Mindfulness taking each class for a 30 minute lesson. These lessons focus on developing strategies to calm the mind and build focus in our students. This is an important skill to have when our lives are so busy and stimulated. These lessons will continue in Term 1 and 2, and will also involve teacher and parent workshops. Ask your kids about some of the breathing techniques that they are learning.

**Luke Somerville , Principal**

### Upcoming student events

20/2	Zone Swimming Carnival
1/3	Clean Up Australia Day—schools
7/3	Year 6 Excursion—'Woo, New and You' (details to come)
8/3	School Photos
21/3	Harmony Day

### As a part of ensuring we are providing the best for our students our teachers are also committed to furthering their skills and knowledge. Some

13/2 and 14/2	Mrs Power—Best Start Interviews
18/2	Mrs Power and Mrs Vogt—Planning for Learning using Best Start (Maitland)
20/2	Mr Somerville and Mrs Vogt—Using Learning progressions (after school)
21/2	Miss Hutt—NAPLAN Online Training (MVHS)
22/2	Mrs Power—Green Screen Technology (CHS)

## FRIENDS OF KITCHENER

Our first Friends of Kitchener meeting will be held in our school library on 21st February, starting at 2pm. This is a great way for parents to be involved in some of the processes of our school and understand the decision making process. This year we also celebrate our school's centenary, so organisation around this celebration will be high on the agenda. Everyone is welcome to attend.

## BREAKFAST CLUB

From next Tuesday we will be starting up our breakfast club for the year. This will run each Tuesday in Term 1. Students will be able to have cereal or toast as a way to start their day. Hopefully we will be able to expand this further in the future. Anyone available to assist please see Mrs Osland for more information.

## LUNCH ORDERS



Our lunch run starts this Friday 15th February, replacing the Wednesday option from last year. Pig Out Takeaway provides our lunch orders. A price list and options is included in this newsletter. If you are ordering please provide a paper bag with your child's name, class and order clearly marked. These need to be placed in the lunch tubs in your child's classroom first thing in the morning. Late orders can not be arranged. Thank you to our parent volunteers who have indicated they can help.

## SCHOOL ATTENDANCE

Regular attendance at school is a priority to ensure your child learns to the best of their abilities. Every minute counts, so this also includes arriving to school late or leaving early. Our school starts at 9:15 each day, finishing at 3:15. Please try and arrange appointments around school times if possible. If your child is absent from school please contact the school to let us know the reason—this is a Department requirement. This can be done through a note when your child returns or calling the office on 49902974.

## SCHOOL FEES

This year we have a voluntary school fee system of: \$40 for your first student, \$20 for the second student and free for any other students you have. These fees go towards buying resources for the classroom and for access to technology and learning sites.

## EGGS,EGGS,EGGS!

The school chickens are enjoying the attention of our students and have been busy laying eggs. If you would like to purchase some fresh, free range eggs from the school please see the front office—1 dozen for \$5.

## UNIVERSITY STUDENTS

We currently have a new face in our school—Mr Zwegartt. Mr Zwegartt is a 3rd Year university student who is undergoing a 2 week practicum experience on 5/6. In his time here he will teach some lessons and observe how our school runs.

## PSSA SPORT

PSSA Sport trials starts next week with Evie O representing our school and the Cessnock Zone at Regional trials for tennis. We wish her all the best in her efforts to make the Regional team for the second year in a row.

## CHILDREN'S UNIVERSITY

Children's University will be offered this year to interested students in Years 3-6. This is a wonderful program designed to recognise that learning goes beyond the classroom through recognising the experiences of students outside the school. Information about how your child can be involved this year will go home shortly. Any queries please see Miss Hutt or Mr Somerville.

## MEET OUR MINISTERS

As well as our school captains we have three ministers—  
Kyron: Minister for Sport

Bethany: Minister for Wellbeing

Scarlett: Minister for Environment



# Good for kids good for life



## Good for Kids good for life



### ACTIVE KIDS VOUCHER

The NSW Government is helping kids get active with the new Active Kids program.

Parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

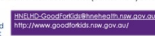
The voucher can be used at any time during the calendar year it was issued.

To use the voucher, find a registered activity provider and present your voucher when you sign up.

The program runs year round, so kids can get active at any time! Visit [www.service.nsw.gov.au/active-kids](http://www.service.nsw.gov.au/active-kids) to apply.



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## Good for Kids good for life

### CRUNCH&SIP

Crunch&Sip is a set time during class time for primary school students to 'refuel' on vegetables, salad or fruit, and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be inattentive and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.

### What to pack for Crunch&Sip It's simple!

Crunch&Sip means vegetables, fruit and water only.



[www.healthkids.nsw.gov.au/campaigns/programs/crunchsip.aspx](http://www.healthkids.nsw.gov.au/campaigns/programs/crunchsip.aspx)



## Good for Kids good for life

### MANAGING SCREEN TIME

Australian guidelines recommend that kids spend no more than 2 hours each day on small screen entertainment. Long periods of use should be broken up as often as possible. While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

**Office of the Children's Safety Commissioner**

**Keeping an eye on screen time**

Are your kids constantly glued to a screen? Where do you draw the line to keep screen time in check? This quick guide can help parents manage screen time.

**What is screen time?**

Screen time is the amount of time spent watching a screen or electronic media for entertainment. It includes:

- Watching TV
- Watching YouTube
- Using computers to play online games or watch videos
- Using games consoles to watch and create videos
- Texting

[www.healthkids.nsw.gov.au](http://www.healthkids.nsw.gov.au)



## Good for Kids good for life

### WHAT ARE FUNDAMENTAL MOVEMENT SKILLS?

Fundamental movement skills are the building blocks for movement. They are the skills which children need to participate successfully in all types of games, physical activities and sports. Examples of these skills can be frequently seen in popular games and activities played by children in the school playground.

These twelve skills represent a solid foundation for the development of specialised skills, enabling children to participate in a wide range of physical activities. They are:

1. Static balance
2. Sprint run
3. Vertical jump
4. Catch
5. Hop
6. Side gallop
7. Skip
8. Overarm throw
9. Leap
10. Kick
11. Two-hand strike
12. Dodge



Source: GET SKILLED, GET ACTIVE  
NSW Department of Education and Training 2016

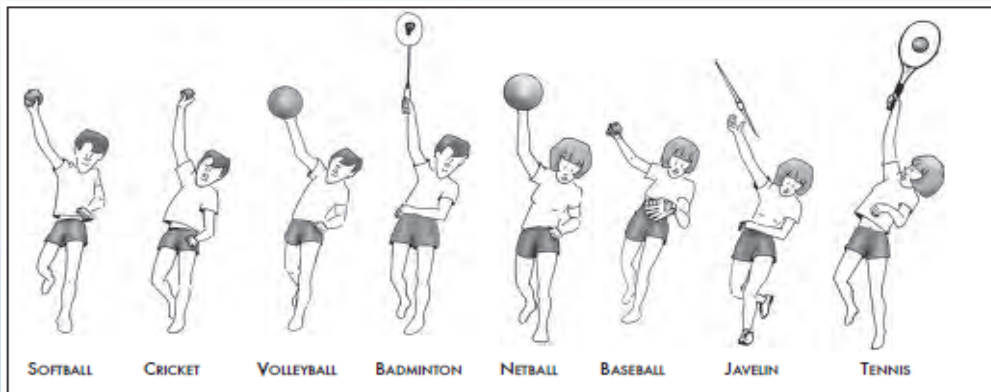


## iPLAY ~ Importance of Fundamental Movement Skills

### Why are fundamental movement skills important?

Fundamental movement skills are the 'building blocks' for movement. They are needed to participate successfully in all types of games, physical activities and sports.

As we can see in the picture below, the development of one movement skill pattern - the overarm throw - can be transferred into a number of physical activities. This provides children with numerous opportunities to participate in a variety of different sports and physical activities.



Children who are competent in fundamental movement skills are more likely to:

- Enjoy sports and activities
- Have a positive attitude towards physical activity
- Develop a lifelong commitment to physical activity
- Be fitter
- Be in the healthy weight range
- Have better socialisation skills

Have better self-esteem and confidence - these improvements have a flow-on effect to other areas of a child's life.

**Children who do not master fundamental movement skills are more likely to drop out of sport and physical activities.**

## Our Wonderful day at Hunter Valley Zoo- Stage 1

Stage 1 enjoyed a day at Hunter Valley Zoo to launch their topic—'Why are the animals crying?'

Kaley- I like the snake because it had nice patterns on the skin.

Jaylah- The koala was the best with its babies.

Makayla- The baby American alligator was great because the way it looked and felt.

Bodhi- I really liked the zoo because I got a peacock feather.

Grace- I liked that I got to hold a blue tongue lizard.



Clayton— I liked the kangaroo because I could feed them.

Denzel— The camels were great and very friendly.

Lane – I enjoyed the wolf talk because it told us about their habits and where they were from.

Tayla J- I liked feeding the kangaroos.

Taylah K- I liked patting the wombat because it was really soft.



Rory— The snakes were my favourite, I like the way they move.

Eric- I liked the big crocodiles.

Eli- The goats were great because they were rough.

Scarlett- I liked the animals as we are learning about them.

Heidi- I liked the meerkats they were very cute.

Sophia- I liked the animals especially feeding them.

Mikayla- The lions were being fed and it was interesting.

Kalin— The crocodiles were great and different sizes.

Jai- The wombat and his story was good.

Rhylan- I liked the crocodile binoculars.

Allanna- The echidna was wonderful with spikes on its back.

Jacob- I like the monkeys and watching how they crack nuts.

Jaspa— The monkeys and watching how they crack nuts was great.

Violet- I liked the white lions because they were cute.



Come and see our Photo Gallery in the classroom!

### Cessnock Goannas Girls Rugby League Tackle

Cessnock Goannas are looking for girls interested in playing Under 14 & 16 rugby league. For further information contact Cessnock Junior Goannas at [webamin@cessnockrugbyleague.net.au](mailto:webamin@cessnockrugbyleague.net.au)

