



Kitchener Public School

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Opportunities Aplenty for Kitchener Kids!

Wednesday 27th February, 2019

Dear Parents and Caregivers,

Last week I was fortunate to attend the Cessnock Zone Swimming Carnival. What a tremendous display of enthusiasm and support from all of competitors from Kitchener. Many students had to wait a long time to compete in their event and I was impressed by their behaviour and attitude throughout the day. Well done to all of our students involved. We will now be represented by Evie O, Emaline R, and Jye H at the Regional Swimming Carnival on Tuesday 5th March at Lambton Pool.



This Friday the school will be participating in Clean Up Australia Day activities. Please remember to pack gloves for your child to use on the day. This is a great way to highlight the importance of looking after our environment and the impact that we can have as individuals.

Children's University nominations for students in Years 3-6 are now open. This is a fantastic way to promote learning outside of the classroom environment, as well as being involved in learning new skills with your child. This program is supported by the Newcastle University. Cost for a 'passport' this year is \$10, due to raising costs to the school. If you are interested in this program please see Miss Hutt or Mr Somerville ASAP!

Our breakfast club has started on a Tuesday morning, run by Mrs Osland. This is available to all students and a chance to fill those bellies with cereal or toast so they are ready to tackle the day of learning. If you would be able to help with this program we would love to extend our days that we can offer it to our students.

Luke Somerville , Principal

Upcoming student events

1/3	Clean Up Australia Day
7/3	Year 6 Excursion—Newc Uni—Eddy Woo
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 upcoming dates are:

1/3	L3—Literacy : Mrs Power and Mrs Vogt
7/3	iPLay : Miss Hutt
19/3	Principal Network Meeting : Mr Somerville
21/3	L3—Literacy : Mrs Power
21/3	WBSIO Finance: Mrs Archbold and Mr Somerville

SCHOOL PHOTOS

Comb the hair, wash those faces! Our school photos will be taken on Friday 8th March. Please wear normal school uniform on this day, not the sports uniform. Please contact the office if you didn't receive the photo envelopes. Photos will be starting at 9:15 so please make sure you are on time.

LUNCH ORDERS

Pig Out Takeaway have requested that lunch orders need to be from the items listed only. This is to conform with the healthy standards for canteens policy from the Department of Education. They are unable to provide or change items from the list that they provide.

We would also like to thank all of the wonderful volunteers who have put their hands up to assist with delivering and picking up our lunch orders. We have all slots filled for Term 1, which is fantastic and much appreciated.



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.

TENNIS SUCCESS

Massive congratulations to our very own Evie O who successfully trialled for a place in the Regional Tennis team. Evie will now travel to Inverell later in the year to compete in the State trials. Wow!

PERMISSION NOTES

Last week you would have received a general permission note that included access to digital media, permission for walking excursions in our local area and permission to publish photos. Please return these to the office as soon as possible as we have some events coming up that this will impact.

NEWSLETTER DELIVERY

We would like to move our newsletter into an electronic version, delivered to you by email. This would cut down on costs and time at school, as well as ensuring that you can access it on time. If this is something that you would be happy with please let us know on the general permission note as well. We currently publish the newsletter on our Skoolbag App and our school website as well.

NEW ENROLMENTS

While this year has only just started we need to start planning for next year already. If you have children ready to start school next year can you please drop into the office and put them down for intended enrolment. If you have a neighbour or friend with children ready for school next year please also encourage them to come up and see us. This helps with planning and organisation.

HIGH SCHOOL INFORMATION

Our Year 6 students will have received Expressions of Interest for high school in 2020. Information evenings are also organised at both local high schools for Wednesday 6th March. Please contact your local high school for more information if needed.

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.



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 to apply.



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 irritable 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.



Sometimes

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.



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

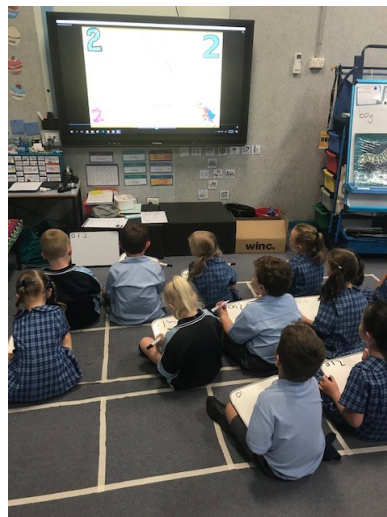


Source: GET SKILLED, GET ACTIVE
A 24 resource to support the teaching of fundamental movement skills
NSW Department of Education and Training 2016.



Kindergarten Action

Mrs Power and our Kindergarten students have been very busy in their first 5 weeks of school. They are amazing everyone with their skills in literacy and numeracy. Some great friendships are being made as well!



LEGO CLUB

BUILD. CREATE. IMAGINE.

Come and join us at our free monthly Lego Club during school terms.

ages 5 -16

all abilities welcome

KURRI KURRI LIBRARY

3rd Monday of the month, 4-5pm

CESSNOCK LIBRARY

3rd Thursday of the month, 4-5pm

The Lego Club is in partnership with Ability Links NSW

There's always plenty of things to do in our playground at lunchtime and recess. Kids are running, jumping, climbing, laughing and being creative. It's a great place to be!

