

Salt Ash Public School

Term 2 Week 8

A message from the Principal

What's On

- 18th June Community PBL, P&C Meeting, Stage 2 Koala Visit
- 19th June State Library Visit with Display Treasures of the Bush
- 20th June Premier's Spelling Bee
- 24th June Debate @ Tomaree PS
- 27th June Stage 3 Science Roadshow
- 4th July Rewards Day

Community PBL

Congratulations to our two Community PBL awardees for the last fortnight, Kooriarna Smith and Aleisha Hockey. Kooriarna received her award in week 6 after being nominated by a parent *for always being caring towards younger children*. In week 7 Aleisha received her award *for always encouraging others to do their best at school and in the community*. Congratulations girls!



Notes in circulation

- Public Speaking
- Year 6 Shirts

Star Struck

Congratulations to Mrs Smailes and the Star Struck choir. What a big week last week was for these students. Rehearsals from 9am – 6pm on Thursday then a matinee and night performance on Friday and Saturday. I had the privilege of attending the show 'Star Struck - No Limits' on Friday night. The performance was absolutely brilliant, especially our SAPS students in the choir. A lot of commitment is required by our students, parents and teachers to pull together something of this large scale. Thank you for your support. I would particularly like to thank Mrs Smailes for her time and commitment, especially out of school hours, to ensure our students make the most of this wonderful experience.



Small School Soccer Knock Out Competition

Good luck to our soccer team who will take on Gresford P.S tomorrow. I'm sure they will all play very well and demonstrate great sportsmanship as they always do.

Reporting

Semester 1 reports will be sent home during the last week of this term with Student-Led Conferences (Parent-Teacher Interviews) occurring in Education Week, week 3 term 3. More information on Student-Led Conferences will be sent home shortly.

Dance Festival

Congratulations to our school dance group who were successful with their audition into the Hunter Dance Festival. The rehearsal and performance will take place on Tuesday 30th July. Costumes notes and information on how to purchase tickets will be available soon.

You Can Do It! Award Recipients

Congratulations go to the following students for receiving their You Can Do It awards for continuing to follow the keys to success of being Confident, Resilient, Persistent, Organised and Getting Along.

Bronze: Zoe Carter-Bennett, Xavier Knight, Emily Field, Tara Kenny, Phoebe Hardy

Silver: Jett Hardy, Riley Zammit-Winmill,

Gold: Blake Larkiin, Cooper Donnelly,

Platinum: Cooper Donnelly

Holly Deguara

What's happening in Stage 2:

In Week 7, Stage 2 focused on “Getting Along” as part of the You Can Do It program. We discussed reading other people’s body language to understand personal space, and what it means to work together in a team.

We used cooperative skills to pass the ball to each other with our feet.

It isn't as easy as it looks!



WORKING TOGETHER

We made human hamster wheels out of newspaper and had to work together to make and then drive the “wheels” across the length of the COLA, twice. We learnt about getting along with others, working as a team and being resilient when things didn't go right.



LET THE RACES BEGIN!





Library News:

URGENT: Book Club

The order forms have only gone out today but are due online by 9 am Friday 21st June. I apologise for the shortened time frame.

Mrs Ruth Higginbottom

Teacher Librarian

Premier's Reading Challenge

Three more students have met the Challenge of reading the required number of books. Congratulations to Bethany K/1, Khloe 3/4 and Jasmine 1/2.

A reminder that Year 3-6 need to read 20 books and K-2 30 which can be shared with an adult or older sibling.

Full rules are at <https://online.det.nsw.edu.au/prc/home.html>

How is your child going?

Mrs Ruth Higginbottom

Teacher Librarian

Office news

Payments to school

Payments can be made in cash at the office or online on the school website. Cash payments must be submitted with the correct amount as the School does not issue change. If the cash submitted is higher than required we will credit towards your child's account. Please remember that we do not accept credit card or eftpos payments at the office. All online payments must be made before 5pm two days before payment is due.

- **Canberra Excursion**- instalment 2 & 3 are now overdue, instalment 4 is due by 5th July.
- **Year 6 Shirts**—closing date for orders with money & notes by 21st June (online payments no later 19th June)

Lost Property Items

Our lost property is still **overflowing** with clothing and we ask if your child is missing any school uniform items if you could kindly have them come to the office to check the lost property.

Woolworths Earn & Learn

Woolworths Earn & Learn Program for schools is running again & please support our school by collecting! Collection Boxes are located at our school, Medowie Woolworths, Salamander Bay Woolworths, Raymond Terrace (both Woolworths stores) & Saxby's Bakery.

Canteen News:

We are now selling re-usable Canteen Lunch Order Bags and you can purchase them at the Canteen at \$10 each. Please see Cindy if you would like to purchase one!



Canteen Menu Term 2 2019



SNACKS	
Carrot Sticks	\$ 0.50
Cucumber Sticks	\$ 0.50
Fruit Salad (seasonal)	\$ 1.00
Fruit Skewers	\$ 0.50
Fresh Fruit Whole	\$ 1.00
Vanilla Yogurt and Museli Cups	\$ 1.50
Vanilla Yogurt	\$ 1.00
Sultanas	\$ 0.50
Choc Chip Muffin	\$ 1.50

TREATS	
Icy Blocks - Varies	\$ 1.50
Orange Juice Pops	\$ 0.20
Moosies - Chocolate and Bubblegum	\$ 1.00
Snap Pops (Various)	\$ 0.80
Plain Vanilla Ice Cream	\$ 1.50
Twisted Frozen Yogurts Choc and Vanilla	\$ 1.50
Juicies - Tropical, Wildberry	\$ 1.00
Messy Monkeys (various flavours)	\$ 1.00
Rice Crackers Minis	\$ 1.00

SANDWICHES/WRAPs (fresh or toasted)	
Vegemite or Strawberry Jam	\$ 1.50
Cheese	\$ 1.50
Cheese and Tomato	\$ 1.80
Ham, Cheese, Tomato	\$ 2.50
Chicken and mayo	\$ 2.50
Chicken and Salad	\$ 3.00
Egg and Lettuce	\$ 2.00

SALADS	
<u>Salad Box</u> - lettuce, tomato, carrot, cucumber, red onion, beetroot, cheese	\$ 3.50
<u>Extras</u> - Ham, Chicken, Egg	\$ 1.00



HOT FOOD	
Fried Rice	\$ 1.50
Butter Chicken and Rice	\$ 2.00
Chicken salad Wrap (Warm)	\$ 3.50
Chicken burger	\$ 3.50
Lasagne	\$ 2.00
Party Pie	\$ 1.50
Sausage Roll	\$ 2.00
3 x Dino Chicken Nuggets	\$ 2.00
Noodles	\$ 1.50
Tomato and BBQ Sauce	\$ 0.30

DRINKS	
Water	\$ 1.00
Sparkling Grape, Raspberry, Cola	\$ 1.50
Apple Juice, Orange Juice	\$ 1.50
Up n Go Chocolate, Vanilla	\$ 2.00
Chocolate and Strawberry Milk	\$ 2.00
Sippah Straws with plain milk (various flavours avail)	\$ 1.20
Cordial (various)	\$ 0.50
Warm Milo/Hot Chocolate	\$ 1.50



1 in 10 children are affected by anxiety

Problematic anxiety can have significant impacts on a child's social, family and school life. However, early intervention through informed care, treatment and support may assist in preventing the development of more serious problems later in life.

Small Steps seminars share the tools to identify differences between normal levels of worry and problematic anxiety, spot signs and symptoms and consider potential options going forward.

24th of June	24th of June	25th of June
1 - 2:30 pm	7 - 8:30 pm	1 - 2:30 pm or 7 - 8:30 pm
Lecture Theatre Mental Health Admin Building Cnr Edith and Platt Streets Waratah	Elsie Graham Centre Wallsend Hospital Campus Longworth Ave Wallsend	Singleton Public School 8 Hunter St Singleton
stickytickets.com.au/87664	stickytickets.com.au/87665	stickytickets.com.au/87666



Please book via links above to secure your place



4 - 6:30pm
Thursday 4th July 2019
Millers Forest Public School
Gold Coin Donation

Brady Flaus
Worimi Warrior
Forever 14 yrs old

Good for Kids good for life

5 TIPS FOR SCREEN TIME AT HOME

Are you having trouble getting your child off technology or watching television?

Try some of these ideas to reduce the amount of screen time your child has each day:

- Go screen free for weekdays
- Try technology free Tuesdays
- Try imagination Wednesdays
- Restrict times when your child has access such as "no screen time before dinner"
- Provide seven ½ hour vouchers on a Friday afternoon to last for the week. When your child watches the television or has other screen time e.g. computer, video games etc. they hand a voucher back. This limits the child to 3.5 hours of screen time during the week.



Image courtesy of Imagerymagistic at FreeDigitalPhotos.net

Source: Murrumbidgee Local Health District



PHONE 4924 6499

Your child's first smartphone – are they old enough?

Children often have access to devices, including smartphones, from a very young age. Whether it's watching their favourite program through streaming services on your phone, using educational apps or simply viewing photos with you and the family, they are engaging with devices in one form or another.

But when is my child old enough to be given their own mobile phone?

In 2012, the Australian Bureau of Statistics revealed children as young as five years old owned a mobile phone – two percent of children aged between five and eight years old, and 29 percent for children aged five to 14 years. This figure is likely to be higher now!

For many parents and carers, five years old would seem too young. For others, it might offer them peace of mind and security to know they can keep in touch with their child—especially in an emergency.

The right age for your child will depend on their level of maturity. It's worth asking yourself the following questions before handing over a digital device.

- Does my child have a good sense of responsibility?
- Are they able to stick to the rules?
- Do they show a good understanding of actions and consequences?
- Do they come to me or another trusted adult when they are distressed or encounter problems?



For younger children it's best to start with a mobile phone without internet access, and introduce a smartphone when they demonstrate an appropriate level of maturity. Some younger children might argue that they are ready for a smartphone, especially if their friends already have one. But it's worth holding out until you feel confident that your child is mature enough.

My child has their first smartphone – now what?

When your child receives their first smartphone it's a great opportunity to instil safe online behaviours early on, so they can carry these skills through to their teens and beyond.

Here are some tips for getting them on board with good online habits.

Establish rules at the outset with clear boundaries

Talk about expectations and the consequences for not meeting these rules. Depending on the age of your child, you might want to set up a written signed agreement which lists the rules.

Here are some you may want to agree on:

- No phones after a certain time (i.e. 8.00 pm) – unless in an emergency.
- Keep to daily screen time limits (i.e. 1 hour per school night).
- Family time is a no-phone zone (i.e. dinner).

- Do not share your passwords with others – apart from parents.
- Do not share your real name (or full name), age and address when posting, talking to strangers or on sites where anyone can see it.
- Be kind to people – treat people on the phone as you would face-to-face.
- Do not take or share photos of others (including friends) without their permission.
- Tell a parent or another trusted adult if anything makes you feel uncomfortable, or if a stranger contacts you online.
- Do not purchase or download an app or game without talking to a parent first—especially as these often have minimum age requirements.



Use technology tools to help set the boundaries to keep your child safe

Use parental controls to help manage your child's device and the types of content they can access. Most devices come with parental controls and offer a range of features:

- iPhone: Go to Settings > General > Restrictions. Here you can disable apps or features, prevent access to explicit content and specific webpages.
- Android (Google Play): Go to Play Store > Settings > Parental controls. Most Android phones use Google Play as the digital marketplace for purchasing apps and accessing content. Through Google Play you can restrict the content your child can download or purchase from Google Play.
- Google's Family Link is an app for parents to help manage their child's device and account and offers additional layers of protection. It enables parents to set screen time limits, review app permissions (such as their camera, location, contacts), block apps and approve downloads, block sites and filter content.
- You can also check with your mobile service provider if they offer any parental control tools.

Activate any privacy settings and safety features available on the device, in web browsers and apps. In some cases you can do this through parental controls or when installing apps on their phone. Carefully consider permissions and whether apps really need to access your child's location, contact list, messages and other features.

Help your child set up a pin or password to lock their phone. In addition to protecting their personal information, this will ensure that no one else can use their phone.

Help your child set up strong and unique passwords for their apps and websites. Even if the phone is locked, apps and websites can be accessed from other devices.



Communicate openly with your child, establish and maintain trust

Most importantly, communicate openly with your child about their phone and online use. It's not possible to supervise your child 24/7 and no technology tool is 100 percent effective in protecting them from online risks. So it's really important to establish and maintain trust.

- Talk openly and regularly with your child about their online activities. Show them that you are interested in how they connect with friends, who they talk with and the type of sites they visit.
- If you are using parental controls, be upfront about this and get them on board. Let them know that these can be reviewed and changed as they get older and they continue to demonstrate responsible behaviour.
- Talk about positive online behaviour and about respecting others online. Encourage your child to think carefully before they post, text or share comments or photos so they don't hurt or upset others. Remind them there is a real person at the end of the screen.
- Encourage your child to come to you (or another trusted adult) if they are upset because of an online experience, even if they think they are to blame.



Term 2 Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 8 17th-21st June	17 P&C Meeting	18 Community PBL P&C Meeting Stage 2 Koala Visit	19 State Library Visit Display Treasures of the Bush	20 Premier's Spelling Bee	21
Week 9 24th-28th June	24 Debate @ Tomaree PS	25	26	27 Science Roadshow Stage 3	28
Week 10 1st-5th July	1	2	3	4 Rewards Day	5 Last Day of term

Term 3

Week 1 22nd-26th July	22 Staff Development Day	23 Students Return	24	25	26
Week 2 29th July-2nd August	29	30 Debate @ Tanilba Bay P.S, Hunter Dance Festival, Zone Athletics	31	1	2 Zone Athletics Carnival
Week 3 5th-9th August	5 Education Week Student-Led Conferences	6 Education Week Student-Led Conferences	7 Education Week Student-Led Conferences	8 Education Week	9 Education Week Red Nose Day
Week 4 12th-16th August	12	12	14 Education Week Awards	15	16
Week 5 19th-23rd August	19 Book Week Book Fair Preview	20 Book Week	21 Book Week NPBS Maths Competition	22 Book Week	23 Book Week Book Parade