



Kooting Public School STAR NEWSLETTER

"Caring, Learning and Achieving Together."

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Term 4 Week 3

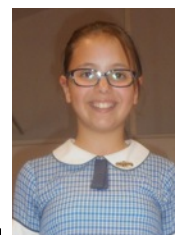
Thursday 22nd October 2015



Medallion
(5 Gold)
Taleah Pinnock



Merit Award
(3 Gold)
Jessica
Coppola-Smith



6W – Sunflower Collage



Gold Awards
Jaeda Symons,
Taleah Pinnock,
Jessica Coppola-Smith and
Georgia DeBelle



Uniform Awards
Emily Hatton, Lilly Aitken,
Darcy Harris, Brianna-Maree
Goman, Billy Siemsen,
Chloe Van Maanen,
Emmielle Kingdom and
Shanae Roach



Important Dates to Remember Term 3 2015

Friday 23rd October - Book Club Due
Monday 26th October - 2016 School Captain interviews week
Thursday 29th October - Assembly by 1S, item 3M at 2:15pm in hall
Friday 30th Oct - Lake Keepit and Echnida Gully - final payment due
Friday 30th October - Bright Stars Transition 9:30 to 3pm
Friday 30th October - Red Food Day
Friday 30th October - 3/4 T20 Cricket at Tamworth
Monday 2nd Nov - 2016 School Captain nominees announced

Executive Team - Principal - Cara Cracknell
Assistant Principal - (Kinder to Year 2) - Nicole Chegwyn (Mon - Wed)
and Kirsty Lawrence (Thur - Fri)
Assistant Principal (Yr 3 to 6) - Anne Doak
P & C Executive
President: Lauren Witten Vice President - Cath Bubb
Secretary: Vanessa Johnson
Treasurer: Scott Cracknell and Jelka Schurink (Canteen)

Weekly Bronze Awards



Menno Wallace - Fantastic diary entry
 Damien Nicholls - Big improvement in reading
 Tahane Roberts - A great start to Term 4. Keep up the great effort.
 Raymond Sydenham - Excellent effort in completing his homework every week
 Sienna Butorac - Joining in with seahorse discussions
 Chelsea-Lee van Maanen - Working well in Mathematics
 Nate Symons - Keeping beat and rhythm in Music
 Thomas Atkins - Working well in Friday Music
 Joseph Barber, Travis Grierson and Jentzen Haak - 100% in sight word spelling, 50 words
 Kobi Murray - Improved attitude towards his learning
 Jessica Wheatley and Amity Cork - Working well in Visual Art
 Jack Chapple - Being an interested learner
 William Morris - Working well in class and participating keenly in discussions
 Megan Bubb and Sophie Butorac - Outstanding classroom work with Mrs Jones
 Jade Nicholls - Being a great help in the classroom
 Tyson Beard - Great classroom work all day with Mrs Jones
 Brendan Jarrett - Excellent in English
 Kelsey Burrell - Demonstrating respect in the classroom
 Madeleine Jones - Organised and respectful
 James Grant - Outstanding work
 Brock Hyson - Demonstrating respect, excellent listening skills and on task behaviour
 Natasha Grant - Improved attitude to learning
 William Baldwin - Exemplary behaviour, follows school and classroom rules
 Byron Lees - Being organised and ready for work, showing respect to all
 Emily Nicholls - A super start to her 'Keepsake Journal'
 Chloe Bayes - Always asking questions about her learning
 Toby Taggart - A committed approach towards his Science Research Project
 Emily Merrick - Excellent work in spelling
 Sophie Hogg and Menno Wallace - Excellent participation in French
 Jessie Johnson, Nate Symons, Addyson Vernon, Braidy Cork, Chelsea van Maanen, Robert Hazard, Naomi Maybury, Shania Coppola-Smith, Sophie Howard, Isabella Cannon, Maverick Ramage, Zane Hyson, Joey Hyson, Madison Pollard, Beau Robertson, William Heeney - Great work in French

Silver Awards

Dougal Crofts, Nate Symons, Damika Barwick-Taylor, Joshua Thompson, Jaeda Symons, Menno Wallace, Bodin Wallace, Taleah Pinnock, Ella Howard, Joseph Barber, Sophie Hobden, Sophie Burrell, Jessica Coppola-Smith, Megan Johnson, Emily Hatton, Jainah Grant, James Grant and Georgia DeBelle



Mrs Cracknell's Message

Our Kindergarten *Bright Stars Transition* program is progressing well with lots of smiling faces beaming as they walk through the gates for another session. Each week, our 2016 Kindergarten students experience a new Key Learning Area (KLA) with Mrs Lawrence. This is important for students to experience the whole range of learning areas that a Kindergarten student experiences across a school week. We have two transition days remaining in our program for 2015 and they are:

- Friday 30th October – 9.30am – 3pm
- Friday 13th November – 9.30am – 3pm with a Parent Information Session from 9.45am – 11.30am

These days are full days of transition and are vitally important when gathering information about how a child will work and manage a full day at school. If you have any questions about our transition program, or know of someone with a child looking to enter Kindergarten in 2016, please contact the school.

A major project this year has been the planning, negotiation and construction of a kitchenette in our hall. I am pleased to say this project is completed and the results are wonderful. As a school, we planned for the construction of the kitchenette so Sherpa Kids, our Out of School Hours care service, was able to progress and maximise its potential numbers by having a larger space in our hall. This also enables the use of Homebase 1 by the school as a classroom. Sherpa Kids will notify their families of the date of relocation in the coming weeks. Mrs Chegwyn will then assume Homebase 1 as her classroom for the remainder of the year as the RFF room.



Excursion Payments are due

Reminder: Lake Keepit (years 5 and 6) and Echnida Gully (year 3 and 4) excursion money **must be paid in full by Friday 30th October 2015.** As most families have only paid the deposit the final payments are **Lake Keepit \$250 and Echnida Gully \$120.**

Mrs Cracknell's Message

This Friday, Mrs Simpson and her class of 1S are attending the celebration of the pilot program of the *Agriculture, Food and Fibre Week* at Bunnings and the Binaalbaar Centre at TAFE New England. Thank you to Mr Cracknell who is driving the bus for us. This is a wonderful way in which to finalise the pilot program, and thank you to Mrs Lyn Thomas, Project Officer – Rural and Remote, for her work and enthusiasm in providing these wonderful opportunities for our children.



Emmielle Kingdom of 5R has been working diligently on a diorama of Hogwarts Academy. For those Harry Potter enthusiasts, this diorama is your thing. I have displayed Emmielle's diorama in the front office foyer. This has been a part of her projects from Ms Ross' class. Great work Emmielle!

Now that the hotter weather is upon us, it is important that all children have access to drinking facilities. At our school, we have numerous bubblers and offer children the chance to rehydrate throughout the day, both within and outside the classroom. Hence, it is important that students have a water bottle each day at school. I have included a fact sheet about proper hydration and ways in which we can promote the drinking of water with children. As a part of our Crunch & Sip policy, students are permitted to have a water bottle with them on their desks in the classroom. One of our best ways to promote proper hydration is through modelling the correct behaviour. My water bottle is with me in the playground and in the classroom. If you have any questions, please do not hesitate to contact the school to discuss.

Please note that our school has adjusted the pricing of our school uniforms in the Clothing Pool. In some cases, there have been increases in our products. This is due to the increasing price of clothing from our manufacturers. A revised Uniform Order Form is located on our school's website under the P&C icon. If you have any questions, please do not hesitate to contact our school.

Also on our website, our calendar has been updated. This calendar is for Term 4 only. We are currently constructing our calendar for 2016.

BANKING - Thursdays

Banking Prizes

Robert Hazard and Jessie Johnson

Banking Co-Ordinators

Cath Bubb and Karen Hobden



The Star Cafe

Red Food Day
30th October 2015

1st break

Hot Dog with Cheese and Tomato Sauce \$3.00

OR

Chicken Kebab \$2.50

Spider \$1.00

Lolly Bags \$1.00

Jelly Cups \$1.00

Pre orders essential. Please return your order and money to the school by Wednesday 28th October. Second break times still available.

Volunteer Roster for Term 4

Friday 23rd October - Liriel Morris
Friday 30th October - Jayne Lees, Tracey Walker and Cath Bubb (Red Food Day)
Friday 6th November - Melissa Brennan
Friday 13th November - Janine Barber
Friday 20th November - Marta Shiels
Friday 27th November - Sarah Maybury
Friday 4th December - Natasha Jacobson
Friday 11th December - Sallie Vernon and Vicky Loftus

Canteen Coordinator, Noni Kasch

Kootingal Public School CLOTHING POOL

Price List for 2015/16

GIRLS

Summer Uniforms	\$ 65.00
White short socks	\$ 5.00
Winter Uniforms	\$ 60.00
Navy long socks	\$ 7.00
Navy Tights	\$ 12.00
Navy Pants	\$ 35.00

Material	
Winter	\$ 20.00 / metre
Pattern Hire	\$ 5.00 (refundable)

SPORT - Everyone

Sports Shirt	\$ 26.00
Sports Shorts	\$ 15.00
Sports Trackpants	\$ 28.00
Rugby Jersey (Optional)	\$ 45.00
Football Socks (Optional)	\$ 10.00

BOYS

Boys Short Sleeve Shirts	\$ 17.00
Boys Grey Shorts	\$ 16.00
Blue Long Sleeve Shirts	\$ 25.00
Boys Grey Trousers	\$ 21.00
Grey short socks	\$ 5.00

Extras

Hats	\$ 15.00
Navy Jumper with emblem	\$ 25.00
School Tie	\$ 10.00
Dry and Cosy Jackets	\$ 45.00
School Bags with Emblem	\$ 40.00
Beanies	\$ 8.00
Scarfs	\$ 8.00
Navy Gloves	\$ 5.00

Selection of second hand clothes are available

Clothing Pool operates from the Front Office

Choose water as a drink

Did you know?

- ★ Children and teenagers who regularly drink soft drinks and other sweetened drinks are more likely to be overweight.
- ★ In NSW, 55% of boys and almost 40% of girls in Year 6 drink more than one cup of soft drink every day. By Year 8, these figures rise to almost 60% of boys and more than 40% of girls.

Water

Drinking water is the best way to quench your thirst. Even better, it doesn't come with all the sugar and energy (kilojoules) found in fruit juice drinks, soft drinks, sports drinks and flavoured mineral waters.

Drinking water instead of sweetened drinks may also prevent dental problems, while the fluoride found in tap water can help strengthen teeth and bones.

Milk

Milk is a nutritious drink for kids and teens and a great source of calcium, which is important for growing strong bones and teeth.

From 2 years of age, children should drink reduced fat milk. It contains much the same nutrients as full cream milk but is lower in unhealthy saturated fats and lower in energy (kilojoules).

Children under 2 years of age should not drink reduced fat milk as they need the extra energy (kilojoules) for their growth and development.



Fruit juice

Giving kids and teens whole fruit to eat is a better choice than offering fruit juice to drink.

While whole fruit contains some natural sugars that make it taste sweet, it also has lots of vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

One small glass of juice provides a child's recommended daily amount of vitamin C. Unfortunately, many children regularly drink large amounts of juice and this can contribute to them putting on excess weight.

"Drinking water is the best way to quench your thirst"

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Sweetened drinks: soft drinks, cordials, sports and energy drinks

Soft drinks, cordials, sports and energy drinks and flavoured mineral waters often have large amounts of sugar and kilojoules. In fact, a can of soft drink contains around 10 teaspoons of sugar.

Drinking too many sweetened drinks can cause a range of problems including tooth decay, poor appetite, picky eating, change in bowel habits and putting on excess weight. These drinks should only be consumed occasionally – not every day.

Sweetened drinks containing caffeine

Caffeine is a mildly addictive stimulant drug. Cola-type soft drinks and energy drinks contain caffeine as well as lots of sugar. Higher amounts of caffeine are found in energy drinks. There are many side effects of caffeine consumption, particularly in kids and teens. These include disturbed sleep, bedwetting, anxiety and headache – even from drinking quite small amounts. There is also a link between caffeine in soft drinks and bone fractures. Consumption by kids and teens of cola drinks, particularly energy drinks, is best avoided.

Ideas to help kids and teens drink more water

- Pack a water bottle whenever you go out.
- In summer, pack a frozen water bottle in your child's lunch box.

- Don't keep sweetened drinks at home; make cold water available instead.
- Water down sweetened drinks – such as cordials or fruit juice – for a short time and then start to replace them with plain water.
- When playing sport, encourage kids to drink water rather than sports drinks or energy drinks.
- Serve plain water in decorative jugs. Add slices of lemon, orange or mint for flavour and, in summer, add ice cubes to keep it chilled.
- Serve sweetened drinks in smaller glasses and only have them occasionally – not every day.

Remember

- Choose water as a drink.
- Sweetened drinks such as soft drinks, fruit juice drinks, cordials, sports and energy drinks are not a necessary part of a healthy diet.
- Regularly offering sweetened drinks makes it harder to choose water as a drink.
- If sweetened drinks are on the menu, try not to include them every day and choose healthier options, such as watered-down versions of favourite drinks. These will still quench your thirst, but without the excess sugar and kilojoules. It can also help reduce the preference for strongly sweetened drinks.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au

Newsletter Distribution for 2016

Next year our weekly newsletter will only be provided by the following methods:

1. Email
2. Website - www.kootingal-p.schools.nsw.edu.au
3. Paper copy (only printed if requested for in writing to the front office)

Please provide an email address below and return to the front office by Friday 30th October. Newsletter will be emailed to you each Thursday.

Family Name: _____

Email Address: _____