

**LIVE – LEARN – CARE****Principal's Message**

Welcome back to term four. I hope you had a restful and relaxing break. It was great to see all students keen and ready to go on Monday. As usual term four has a number of important calendar events. We have had some issues with our website which has changed over to a new platform. Please bear with us while we attempt to add recent newsletters. Hopefully today you can read the latest online version of this newsletter.

**Seaham Starters** - Next week we are excited to meet our 2019 kindergarten students who will be attending their first orientation morning. It looks like we have over 25 new kindergarten students enrolled for next year which is fantastic. Normally our stage three leaders run this first 'Seaham Starters' assembly but due to stage three camp next week I will have to step up and host this event.

**Drum Corp** - Our Drum Corp group are working hard in preparation for their performance at our presentation night later this term. The year four, five and six students in this group have been invited to an exciting event called SuperJam. This involves a trip to Sydney and filming of a massive combined Drum Corp performance at the Roundhouse at Sydney University. We look forward to seeing the finished product.

**Community PBL** - This week's recipient of the community PBL award is Larni Kennedy. Larni was nominated twice for handing in a considerable amount of money and for being a friendly and welcoming member of our school community.

**Dates For Diaries 2018**

Friday 19 October PBL Assembly 2pm
October 22-24 Point Wolstoncroft Years 5&6
Monday 22 October ES1 & Stage 1 Gymnastics
Tuesday 23, 30 October Tuesday 6, 13 November Kindy Orientation
Friday 23 November PBL Assembly
Wednesday 5 December Presentation Night
Tuesday 11 December Year 6 Farewell
Tuesday 29 January 2019 School resumes
Wednesday 30 January 2019 Students return
Monday 4 February 2019 Kindergarten commence

**PARENTS ONLINE PAYMENT  
(POP)**

Remember that Parent Online Payments (POP) is an option for families to make payments to the school. This is a secure payment page hosted by Westpac whereby you can pay using a Visa/Mastercard credit or debit card. The payment is accessed from the front page of the schools website by selecting **\$Make a Payment**.

Due to enrolled children's life threatening Anaphylactic Allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school with their children. These include peanut butter, nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts. We appreciate your support in this matter.

## KINDERGARTEN 2019

Enrolments are now being taken for Kindergarten, next year. If you have a child who will be attending Seaham Public School next year, please contact our school office to receive an enrolment pack.

## KINDERGARTEN ORIENTATION

Dates for our Kinder Orientation Program is as follows:

Tuesday 23 October 10:30am - 11:30am

Tuesday 30 October 10:30am - 11:30am

Tuesday 6 November 10:30am - 11:30am

Tuesday 13 November 10:30 - 11:30am

## VOLUNTEERS NEEDED

Our school has purchased new readers for our classrooms. It would be greatly appreciated if you have a few spare moments to help cover these books with contact - contact will be supplied. Please contact the school office.

## Canteen Roster 2018

Friday 19 October  
Kate & Celia

Monday 22 October  
Chrissy

Tuesday 23 October

Wednesday 24 October  
Kelly & Jodi

Thursday 25 October

Friday 26 October

## BOOK CLUB NEWS

Book club catalogues will go out this week.

Order online through LOOP to earn free books or leave your order form and payment at the school office. Orders are due in by the **31st October**.

If you are buying surprises for the kids, choose the gift option or note it on your order form and it will be left at the school office for collection.

**Rachel Rapson**  
**Book Club Co-ordinator**

## K - 2 SPORT UPDATE

K - 2 are fortunate enough to be participating in 5 gymnastics sessions, held weekly each Monday, from next week onwards until Week 6. This will include all students from 2/31 - therefore these students are asked to wear their sports uniform on a **MONDAY** this term. This course will be delivered by a coach from "**Activated Group**" **School Gymnastics** and should be a great opportunity for these students to develop skills in this area.

**Mrs Imber**

## LOST PROPERTY

A ring has been found and handed into the school office. The ring was found yesterday in the school bus bay. If you are missing this piece of jewellery please contact the school office.

## UNIFORM ORDERS

Uniform orders for next term/year are now being taken. Order forms are available at the school office or complete the order form at the end of this newsletter, and return to the school office.

Orders must be returned by **Friday 19 October 2018**.

**Kim Penfold**  
**Uniform Co-ordinator**

**Office will be closed Tuesday mornings from 8.30am-9.00am:** Our school office will be closed on Tuesday mornings from 8:30am-9:00am. All emergencies can be directed to the teacher on playground duty.

**Good for Kids** good for life

## GUIDE TO HEALTHY EATING

Have you seen the Australian and the Aboriginal and Torres Strait Islander Guide to Healthy Eating? Children and adults should enjoy a wide variety of nutritious foods from the 5 food groups every day:

- Plenty of vegetables of different types and colours and legumes/beans.
- Fruit.
- Grain (cereal) foods, mostly wholegrain and high fibre varieties, e.g. pasta, rice, bread etc.
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds.
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat (full fat milk for children under 2).
- And drink plenty of water.



Visit [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) for more information.



PHONE 4924 6499

**Ingredients :**

- 1 small avocado
- 1½ tablespoons lemon juice
- 2 mixed grain mini wraps
- 80g shaved (97%) fat-free leg ham

**Method :**

**Step 1 :**  
Place avocado in a bowl. Add lemon juice. Season with pepper. Mash until almost smooth and combined.

**Step 2 :**  
Place wraps on a board. Place ham, in a single layer, over wraps. Spread with avocado mixture. Sprinkle with cheese. Roll up tightly. Cut in half. Cover in plastic wrap, then foil. Freeze for up to 1 month. Remove foil and place in lunch box.

**COLOUR RUN - SAVE THE DATE !!****Colour Run - Seaham Public School P&C fundraiser : Friday 12 April 2019 - last day of Term 1**

More details and sponsorship information to follow.

Thank you to the group of people who have volunteered to help organise this event closer to the time. If Lucy doesn't already have your contact details, could you please get in touch with your mobile / email details.

**Lucy O'Brien 0402 213 872**







## Expression of Interest

The SWAP It program is an exciting new healthy lunchbox program from the *Good for Kids. Good for Life.* team. SWAP It aims to support parents and carers to swap what is packed in the lunchbox from 'sometimes' foods to 'everyday' foods. The program is FREE and is run through your school's Skoolbag app.

The main components of SWAP It include:

- Development of lunchbox guidelines for parents (don't worry we help you with this).
- Distribution of a handy parent booklet full of great ideas to help parents make the swap.
- Access to a number of resources for parents including the *Good for Kids* website, healthy lunchbox videos and recipes.
- Provision of resources to schools including a healthy lunchbox flipchart and access to healthy lunchbox lesson plans.
- Distribution of weekly healthy lunchbox push notifications via Skoolbag over one school term.

If you're interested in being a part of this great program please fill your expression of interest below and fax or email to:

Renee Reynolds, Project officer

Fax: (02) 4924 6490 Email: [renee.reynolds@hnehealth.nsw.gov.au](mailto:renee.reynolds@hnehealth.nsw.gov.au)

I am interested in taking part in the SWAP It program:

Name: \_\_\_\_\_

Position at school: \_\_\_\_\_

School name: \_\_\_\_\_

Does your school have Skoolbag? \_\_\_\_\_

When would you be interested in participating? (please circle)

Term 4 2018

Term 1 2019

Term 2019





## Canteen Roster - Term Four 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Oct	2 Oct	3 Oct	4 Oct	5 Oct
8 Oct	9 Oct	10 Oct	11 Oct	12 Oct
15 Oct	16 Oct	17 Oct	18 Oct	19 Oct Kate & Celia
22 Oct Chrissy	23 Oct	24 Oct Kelly & Jodi	25 Oct	26 Oct
29 Oct Sandra	30 Oct	31 Oct Chrissy	1 Nov Peta Salter	2 Nov
5 Nov Sandra	6 Nov Lucy & Kate	7 Nov Leanne & Colleen	8 Nov Leanne Sullivan	9 Nov Chrissy
12 Nov Alison & Lynda	13 Nov Peta Salter	14 Nov Chrissy	15 Nov Annette	16 Nov
19 Nov Kelly	20 Nov	21 Nov Karen Codrington	22 Nov Peta Salter	23 Nov Chrissy
26 Nov Rena Armitage	27 Nov Lucy O'Brien	28 Nov Chrissy	29 Nov Leanne Sullivan	30 Nov
3 Dec Sandra	4 Dec	5 Dec	6 Dec	7 Dec
10 Dec Sandra	11 Dec	12 Dec Chrissy	13 Dec RED DAY Peta, Alison, Jodi and Lucy	14 Dec
17 Dec <b>CLOSED FOR CLEANING</b>	18 Dec	19 Dec		

### MUMS, DADS, FRIENDS, NANS & POPS CAN YOU HELP ???????????? WE NEED MORE VOLUNTEERS

Please find above, the Canteen Roster for Term 3.  
If your allotted day does not suit, please contact  
**Alison Taylor on 0468 742 214 or another volunteer.**

**Mon, Wed, Friday @ 9.00am - 12:35pm - LUNCH ORDERS**  
**Tue & Thur @ 1.35 - 2:05pm - RECESS**

**If you are unable to attend on your rostered day, please contact another volunteer to change your day or arrange a swap . If you are unable to arrange another day or a swap, please contact Alison Taylor on 0468 742 214.**

## LUNCH TIME FUN



## COMMUNITY PBL RECIPIENT



**Larni Kennedy**

**Larni found a considerable amount of money at school and handed it in to a teacher.**

**Larni was also nominated because of her friendly manner and the way she greets everyone at Seaham Public School.**

RAYMOND TERRACE COMMUNITY MEMBERS ARE

# S·T·A·R·S

EVERYONE, EVERYWHERE, EVERY TIME



MarketPlace  
Raymond Terrace

MARKETPLACE LOVE THIS PLACE  
FOR SUPPORTING PBL WITHIN OUR COMMUNITY



We value:

Safety

Trust and honesty

Acting responsibly

Respect

*In Raymond Terrace we are proud citizens that treat each other with respect, take ownership of our daily choices and strive for a safe community.*

## Raymond Terrace Community PBL Student Nomination


Student's name \_\_\_\_\_

School \_\_\_\_\_

Reason for nomination \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





# Seaham OOSH

## at Seaham Public School

Cost from as  
low as **\$5.15**  
per session  
Conditions  
Apply

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Do you need care before or after school?  
Help us to plan for 2019!

Please complete the survey by following the link below:  
<https://www.surveymonkey.com/r/D37H5YL>

Did you know that at our before school care services we provide breakfast?  
Are you aware that children in the afternoon enjoy a nutritious afternoon tea and  
participate in a range of educational and stimulating activities? Our OOSH services  
provide a safe and fun environment where children can relax with their friends.

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### Port Stephens Childrens Services

57-59 Port Stephens Street  
Raymond Terrace, 2324  
Phone: 4988 0308

Phone: 0473241543  
E-mail:  
[childcare@portstephens.nsw.gov.au](mailto:childcare@portstephens.nsw.gov.au)  
[www.portstephens.nsw.gov.au](http://www.portstephens.nsw.gov.au)





Online canteen ordering is coming soon to Seaham School. Lunch orders will still be taken over the counter and cash will be accepted. More information will be sent home soon.

### Canteen Committee

## About Us

### Who We Are

School24 is a 24/7 online ordering and volunteers management system for schools.

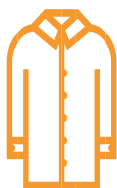
### What We Do

School24 connects schools and parents. We offer a one-stop location for all ordering, volunteering and fundraising needs through a cloud-based system accessible from any device.



#### Online Canteen

Meal ordering available 24/7. A time-saving cashless solution to manage canteen operations easily and securely, reduce waste and increase sales.



#### Uniforms

Stress-free uniform ordering. School24's uniform module eliminates the queues and reduces the number of staff operating in the shop.



#### Volunteer Roster

Volunteering is key to many schools. Manage volunteers simply and more effectively with our online roster system.



**ONLINE ORDERING  
CASHLESS PAYMENTS  
STRESS-FREE ADMIN**

Info Pack

Name		Class									
Contact telephone number											
		4	6	8	10	12	14	16	Total \$		
Unisex Blue Polo	\$25										
Unisex Sports Polo	\$25										
Microfibre Track Pants	\$25										
Microfibre Jacket	\$37										
Microfibre Sports Short	\$14										
School Jumper	\$22										
Hat Sizes	\$13	XS/S	S/M	L							
<a href="#">ONLY AVAILABLE FOR SPECIAL ORDERS ::</a>											
Unisex Long Sleeve Polo	\$25										
Rain Proof Jacket	\$45										
Material @ \$12 per mtr -											
School Dresses available at Lowes Raymond Terrace		Cash/Cheque enclosed							\$		

Girls shorts and skorts are available at Best & Less & Big W for approx

**School dresses can be purchased at Lowes from \$55**

Boys shorts available from \$16 at Big W, Best & Less & Lowes

Winter pants and track pants can be purchased from Big W & Best & Less from \$16 and Lowes from \$35

Please contact Deb Hammond on 0448 999 625 to have school dresses made to size and for all alterations

**Cheque payments made payable to Seaham Public School P&C**

**UNIFORMS CAN BE PAID**

**PER THE SCHOOL PARENTS ON**

**LINE FACILITY (POP)**

Paid per cash/cheque

Paid on P.O.P.

**All Uniform Enquiries to:**

**Kim Penfold**

**0431 307 035**