



Phone: (02) 49886 234

Fax: (02) 49886 435

Email: seaham-p.school@det.nsw.edu.au

www.seaham-p.schools.nsw.edu.au

25 October 2018



Edi the Egret
Respectful
Responsible
Learners

LIVE – LEARN – CARE

Principal's Message

Welcome to week two at Seaham Public School. Early this week years five and six attended camp at Point Wolstoncroft. All reports indicate that the student's behaviour, attitude and effort was excellent. Thank you to Mr Bennett for his organisation, Ms Atchison for attending at late notice and Mrs Stulz for supporting our students so well as she always does. These camps are wonderful opportunities and a big commitment and responsibility for our staff who sacrifice their own family time to support our students.

Seaham Starters - On Tuesday we had the first of our kindergarten orientation mornings. It was wonderful to see our new 2019 kindergarten students and their families. At this stage we have 28 new enrolments for kindergarten next year which is fantastic. On behalf of the whole Seaham School community I would like to welcome new families to our school. The 'Seaham Starters' orientation program continues each Tuesday morning from 10:30am to 11:30am for the next three weeks.

Principal's Conference - Next week I will be attending a Principal's conference in Sydney from Wednesday to Friday. I would prefer not be away from school for three days, however conferences are a wonderful opportunity to look at best practice, inspiring presenters and network with other Principals from around the state. Our Assistant Principal Mrs Stewart and relieving Principals Mrs Bowman and Ms Atchison will be holding the fort in my absence. For urgent matters I can still be reached on the school mobile.

Community PBL - This weeks community PBL recipient is Ally Grierson. Ally is a caring and courteous student who is always honest and goes out of her way to help other students. Well done Ally.

Tour de Cure - On Monday, October 29 the 'Tour de Cure' group of bike riders will pass through Seaham. This group comprises of everyday people who are riding to raise money to hopefully help find a cure for cancer. Australia wide this group has so far raised \$35million. They will also be stopping and speaking to our children about ways to help prevent cancer at 9am at our Monday morning assembly.



Dates For Diaries 2018

Tuesday 30 October Tuesday 6, 13 November Kindy Orientation 10:30 - 11:30am
Tuesday 20 October Debate v Raymond Terrace 9:30 am
Friday 23 November PBL Assembly 2pm
Friday 2 November Super Jam - Sydney
Friday 9 November Parliament 2pm
Friday 23 November PBL Assembly 2pm
Wednesday 28 November Scripture Service 9:15am
Friday 30 November Parliament 2pm
Tuesday 4 December Public High Schools Orientation
Wednesday 5 December Presentation Night 6:30pm
Tuesday 11 December Year 6 Farewell
Friday 14 December Parliament 2pm
Tuesday 29 January 2019 School resumes Wednesday 30 January 2019 Students return Monday 4 February 2019 Kindergarten commence

SCHOOL BANKING

ASSISTANT SCHOOL BANKING CO-ORDINATOR REQUIRED : At the end of the term Shannan Gillon will be retiring from her role as School Banking Co-ordinator, as her daughter will move to Year 7 in 2019. If you have approximately 1 hour free on a Friday morning from 8:30 - 9:30am and are able to assist with processing students school banking, please contact the school office.

Shannan Gillon & Steph Stapleton
Banking co-ordinators

CLASSROOM AWARD RECIPIENTS - Assembly Friday 19 October 2018

KLS Colbie Rudd, Grace Wilkinson, Cameron Lenord, Cruze Balcombe
1/2D Charlotte Bacon, Phoebe Lenton, Milly Bridge & Vincent Lenton
1/2M Gipsy Watson, Boston Maloney, Leroy Cole & Aidan Crowley
2/3I Larni Kennedy, Mia Hostler, Dali Bobako, Miah Laver, Addison Elbourne, Kye Butler
3/4A Hayden Olive, Jocelyn Black, Nicholas Witcomb & Madison Griffis
4B Cooper Randall, Jack Gretton, Shae-Arn McCulloch & Lara Morgan
5/6B Jessica Jacobs, Cindy Cody, Travis Chalton & Benett McCumstie
5/6E Bridie Gillon, Max Haynes, Clare Moir & Charlie Hostler

PBL BADGE RECIPIENTS Assembly Friday 19 October 2018

KLS Ruby Budden, Flynn Elbourne, Zavier Fox, Maggie Lilley, Bridie Thompson & Grace Wilkinson
1/2D Samuel Armer, Charlotte Bacon, Hayden Edwards, Flynn Imber & Billie Joyce Robinson
1/2M Blaze Drew & Stevie Lilley
2/3I Caleb Buckland, Laura Moir, Lacie Pratt & Addison Sales
3/4A Madeline Armer, Madison Griffis, Sonny Lilley & Liam Pascoe
4B Eve Haynes & Sam Wade
5/6B Amelia Dawes, Josh Ferry, Lochlan O'Hare & Max Leggett
5/6E Zac Tomkins & Max Haynes

*Congratulation to all our
classroom and PBL award
recipients*

Canteen Roster 2018

Friday 26 October
Sam Mella

Monday 29 October
Sandra

Tuesday 30 October

Wednesday 31 October
Chrissy

Thursday 1 November
Peta Salter

Friday 2 November

THANK YOU

A very big thank you to **Rachel Rapson and Barb Wade** for covering our new classroom readers. Our children are very grateful.

DEBATING NEWS

Next week our school travel to Raymond Terrace on Tuesday morning to verse their debating team on the topic "**It should be compulsory for every primary school aged kid to go camping at least once**". We are the negative team. The debate starts at 9:30am. Parents and family are most welcome to come along and support the team. Goodluck !

Mrs Imber

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.

POINT WOLSTONCROFT 2018

Comments - what was the most fun ?:

Being with my friends. **Clare**

Sailing (when not stranded). **Anonymous**

At Point Camp I liked sleeping and the big swing. **Emily**

At camp the best thing was the high ropes. **Jasmin G**

I enjoyed Mr Bennett hitting himself on the giant swing. LOL. **Max L**

Sailing. **Daniel**

I liked sailing. **Ash**

At Point Wolstoncroft I enjoyed going sailing on the lake. **Travis**

I enjoyed the high ropes and stand up paddle boarding. **Jessica**

At Point Wolstoncroft my favourite activity was the stand up paddle board because we had fun and got wet and the giant swing because it was fun and scary. **Benett**

At camp I liked the stand up paddle boarding and the high ropes. They were fun and challenging. **Sophie**

I really enjoyed the giant swing because it was fun and you got an adrenalin rush. **Alex**

At Point Wolstoncroft I enjoyed the giant swing because it was high and really fun and scary. **Benett**

At camp my favourite thing was the giant swing. I went all the way up. Mr Bennett went all the way up also. It was good fun.

Everyone should get an opportunity to go to camp. **Issabella**

I think the giant swing because it helped me conquer my fear of heights. **Jake**

The thing I really enjoyed was the paddle boarding at Point Wolstoncroft. **Darcy**

I enjoyed the giant swing and how you went to the top. **Anonymous**

At Point Wolstoncroft I really enjoyed Bridie's ghost stories.

At camp I really enjoyed stand up paddle boarding and the giant swing. **Lilly**

High ropes ! **Anonymous**

At Point Wolstoncroft I really enjoyed Bridie's ghost stories. **Jacinta**

At Point Wolstoncroft I liked Bridie's scary stories and the giant swing. **Annaliese**

I like the giant swing because I went really high. **Clare**

At camp I really enjoyed sailing. **Amelia**

At Point Wolstoncroft I liked stand up paddle boarding because I kept falling off. I also like Bridie's scary stories. **Jasmine M**

Scary stories. **Charli**

Scary stories. **Isis**

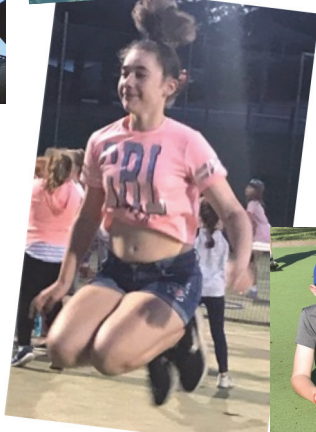
The giant swing was the most fun because I got the ball in the bucket. **Charlie**

The activities and sleeping. **Allana**

I liked Mr Bennett and sharing a happy story our cabin. **Lochlan**

Scary stories with me on the second night and sailing. **Bridie**





Point Wolstoncroft 2018



LUNCH BOX IDEAS - PEA AND NOODLE FRITTERS



Ingredients:

- 1½ cups frozen peas
- 220g packet shelf-fresh hokkien noodles
- ¼ cup self raising flour
- ¼ cup milk
- 2 eggs, lightly beaten
- ¼ cup grated parmesan cheese
- 1 red onion, finely chopped
- ¼ cup rice bran oil

Method :

Step 1 :

Place peas in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until bright green and tender. Drain. Refresh under cold water. Return to bowl. Roughly mash peas with a fork. Add noodles, flour, milk, eggs, parmesan and onion. Season with salt and pepper. Stir to combine.

Step 2 :

Heat oil in a large frying pan over medium heat. Drop 1/4 cup batter into pan, spreading to form a circle. Repeat to make 4 fritters. Cook for 2 minutes or until golden underneath. Turn. Cook for 2 minutes or until cooked through. Transfer to a plate lined with paper towel to drain. Repeat with remaining batter. Serve with cherry tomatoes and carrot and celery sticks.

GOOD FOR KIDS

Good for Kids good for life

CHOOSE WATER as a drink

Water is the best drink as it does not have any added sugar. Fruit juices, soft drink, sports drinks or cordials should not be given to your child everyday as they contain a lot of added sugar. Tap water is the best choice. In most areas, tap water contains fluoride, which helps children to develop strong teeth.

HOW MUCH SUGAR IS IN THAT DRINK?



HOW MUCH WATER KIDS DRINK EACH DAY?



TIPS TO HELP YOUR KID DRINK MORE WATER

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle of water when you go out
- Pack water with your child's lunch
- Encourage your child to drink water when they play sports
- Limit buying sugar-sweetened drinks

Source: Western Sydney Local Health District



PHONE 49246499

HEALTHY
NUTRITIOUS
Kid-friendly
Low-cost
tasty
Recipes
**LUNCH
BOX**

We've packed everything you
need into our new website!
healthylunchbox.com.au

Visit healthylunchbox.com.au for
recipes & information you can trust.



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
22 Oct	23 Oct	24 Oct	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 Kate & Celia
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 Kate & Celia
3 Dec Sandra	4 Dec	5 Dec	6 Dec	7 Dec Kate & Celia
10 Dec Sandra	11 Dec	12 Dec Chrissy	13 Dec RED DAY Peta, Alison, Jodi and Lucy	14 Dec Kate & Celia
17 Dec	18 Dec	19 Dec		
CLOSED FOR CLEANING				

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.

100th YEAR ANNIVERSARY OF ARMISTICE DAY

This year marks the 100th year anniversary of **Armistice day**. A time when we remember those who died at war. On the 11th hour of the 11th day of the 11th month in 1918 the great war ended and finally there was peace. These poppies decorated by our classes commemorate this event and will be displayed on the field near Raymond Terrace Marketplace on Sunday, November 11.



COMMUNITY PBL RECIPIENT



Ally Grierson
For being a caring and courteous member of the Seaham School community. Ally is honest and treats all staff and students with respect. She hands in lost items and looks after the younger students.

RAYMOND TERRACE COMMUNITY MEMBERS ARE

S·T·A·R·S

EVERYONE, EVERYWHERE, EVERY TIME



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 _____

