



Phone: (02) 49886 234

Fax: (02) 49886 435

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

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

1 November 2018



**Edi the Egret**  
**Respectful**  
**Responsible**  
**Learners**

**LIVE – LEARN – CARE**

## Principal's Message

Welcome to week 3 at Seaham. I am currently at a Principal's conference in Sydney. Just a reminder that Mrs Stewart, Mrs Bowman and Ms Atchison will be sharing the relieving role in my absence. You can still contact me on the school mobile if you have an urgent concern.

**Celebration Mass** - Yesterday students from stages 2 and 3 who attend catholic scripture attended a special service at St Brigids, Raymond Terrace. Thank you to Mrs Imber for accompanying the students at late notice and Mrs Kilpatrick for her organisation.

**Tour de cure** - on Monday we had a visit from cyclists representing 'Tour de Cure', a group raising money for cancer research. They delivered education to our students about the theme of being fit, healthy and happy. Our students really enjoyed the talk. Tour de cure also donated \$2500 to our school and provided gift packs for all students. On behalf of our whole school community, thank you for your message and kindness.

**Community PBL** - this weeks winner is Jye Auld. Jye is receiving his award for an act of honesty. Jye bought something from the canteen and received too much change. He noticed and returned the money back to the canteen voluntarily.



## Dates For Diaries 2018

Tuesday 30 October  
 Tuesday 6, 13 November  
 Kindy Orientation  
 10:30 - 11:30am

Friday 2 November  
 Super Jam - Sydney

Friday 9 November  
 Parliament 2pm

Thursday 15 November  
 P&C Meeting 3:15pm

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

Thursday 13 December  
 Canteen - Red Day

Friday 14 December  
 Parliament 2pm

Tuesday 29 January 2019  
 School resumes  
 Wednesday 30 January 2019  
 Students return  
 Monday 4 February 2019  
 Kindergarten commence

## TOUR de CURE



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.

## SCHOOL BANKING

Thank you to Jess Strachan for volunteering to be our Assistant School Banking co-ordinator for 2019. Steph and Jess will continue to assist our students with their banking next year.

**Shannan Gillon & Steph Stapleton**  
Banking co-ordinators

## P&C NEWS

Our next P&C meeting will be held on **Thursday 15 November at 3:15pm** in our school library. Everyone is welcome! Meetings run for approximately 45 minutes. These meetings are a great way to support our students and school.

## DEBATING NEWS

On Tuesday, our school travelled to Raymond Terrace Public School to verse their debating team on the topic, "**It should be compulsory for every primary school child to go camping at least once**". We were the negative team and had to disagree with this idea.

Sophie gave an expressive and well planned speech as first speaker, pointing out many other areas that are more important than camping that should possibly be made to be compulsory.

Jessica continued our case by posing questions such as how it would be enforced, who would do the checking, what the punishments would be, and raised the concern how expensive this would be to monitor and control. She also spoke about how some children have genuine health or financial reasons for not going camping.

Allana gave several strong rebuttals and summed up our case really well, supported by Cindy as our team advisor. Despite doing a great job, our team lost to a very strong, confident team from Raymond Terrace. Nevermind, Seaham. It was a high quality debate and you all did an amazing job representing our school.

**Mrs Imber**

## Canteen Roster 2018

Friday 2 November  
Kate & Celia

Monday 5 November  
Sandra

Tuesday 6 November  
Lucy & Kate

Wednesday 7 November  
Leanne & Colleen

Thursday 8 November  
Leanne Sullivan

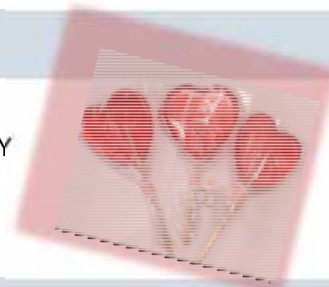
Friday 9 November  
Kate & Celia



## CANTEEN NEWS



Thursday 13 December is RED DAY  
at our canteen.



## UNIFORMS

Lowes at Raymond Terrace Marketplace are discontinuing selling our Tunic uniforms. There are limited quantities available for purchase at \$40 each. Material for the tunic is still available at \$12 per metre.

**Kim Penfold**

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.



## BOOKCLUB

Book club orders are due back this week. Don't miss out, order by 9am this **Friday 2nd November** using LOOP online or by leaving your order form and payment at the school office. Choose the gift option or note it on your form if you have any surprises for the kids and your order will be left at the school office.

**Rachel Rapson**  
Bookclub Co-ordinator

## KINDY ORIENTATION - WEEK 2



## LUNCH BOX IDEAS - CHICKEN AND AVOCADO WRAPS

### Ingredients :

Mashed avocado  
1 teaspoon ground cumin  
2 teaspoons fresh lemon juice  
4 rye or multigrain wraps  
250g shredded barbecued chicken  
½ cup fresh mint or basil leaves  
1 large carrot, peeled, grated  
1 small red capsicum, deseeded, sliced  
50g mixed salad leaves  
¼ cup hummus



### Method :

#### Step 1

Combine the avocado, cumin and lemon juice in a bowl. Season well. Spread down the centre of each wrap.

#### Step 2

Top with chicken, mint or basil leaves, carrot, capsicum, salad leaves and hummus. Roll up to serve.

## GOOD FOR KIDS

### Good for Kids good for life

#### INCREASING VEGETABLE INTAKE

##### Did you know?

Only 5% of children in NSW consume the recommended daily serves of vegetables? Kids aged 5-13 should be eating 4.5 to 5.5 serves of vegetables each day.

##### What is a serve?



Source: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

##### How can I get my kids to eat more vegetables?

- Involve your children in grocery shopping and meal preparation.
- Add easy to eat vegetables to the lunchbox.
- Make it fun! Try making vegetable skewers or create funny faces out of vegetables.
- Keep trying, serve vegetables in different ways to see how they like to eat them.
- Be a good role model and eat plenty of vegetables in front of your kids.



PHONE 49246499

## CELEBRATION MASS

Yesterday I had the pleasure of accompanying a group of students from Years 4, 5 and 6 that attend Catholic scripture lessons here at Seaham to our local Catholic Primary School, St Brigids. The children attended a special mass, had to say several readings, sang hymns and participated well throughout the service. They were supported by other students and teachers from St Brigids, their scripture teachers, parents and other adults who also attended the mass. Their scripture teachers praised them for their lovely manners and respectful behaviour and gave them a special morning tea across from the church at Boomerang Park after the service. We are fortunate to have some excellent scripture teachers, and the students should also be proud of themselves for being respectful, responsible learners.

Mrs Imber



## 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	30 Oct	31 Oct	1 Nov	2 Nov Kate & Celia
5 Nov Sandra	6 Nov Lucy & Kate	7 Nov Leanne & Colleen	8 Nov Leanne Sullivan	9 Nov Kate & Celia
12 Nov Alison & Lynda	13 Nov Peta Salter	14 Nov Kate	15 Nov Annette	16 Nov Chrissy & <b>VOLUNTEER NEEDED</b>
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 <b>RED DAY</b> Peta, Alison, Jodi and Lucy	14 Dec Kate & Celia
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.



## TOUR de CURE



## COMMUNITY PBL RECIPIENT



**Jye Auld**

Jye is receiving his award for an act of honesty. Jye bought something from the canteen and received too much change. He noticed and returned the money back to the canteen voluntarily.

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 \_\_\_\_\_

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