



27 July, 2017

LIVE – LEARN – CARE

Principal's Message

Education Week: We are looking forward to Education Week next week at Seaham Public School. The book fair will be running in the library all week. Tuesday is our 'Open Day' with lots of things happening. The day starts at 10:00am in the hall with a PBL presentation for those that can make it. During this session I will be talking about PBL at our school hopefully giving you an insight into what goes on behind the scenes. After this at 10:30am families and friends are welcome to visit classrooms. Families can then join us for picnic lunch in the grounds from 11:00am until 12:00pm. The day will culminate with our 'book character' parade from 12:00pm in the hall. The theme for Education Week this year is 'local heroes'. Our students don't have to dress up as this theme. They can choose their favourite book character for the parade.

Education Week Awards: Education Week Awards are also coming up soon. The date for this event was incorrect in last week's newsletter. Please note that these awards will be held at Hunter River High School on Tuesday, 8 August from 3:30pm until 6:00pm. I am pleased to announce our award winners this year:

Excellence in Student Achievement

Veronica Nunan & Tahlia Jarvie

Excellence in Teaching Awards

Mrs Dybell & Ms Atchison

Outstanding Contribution by a Non-Teaching Staff Member

Rachel Buckley

Outstanding Contribution by a School Community Member

Bev Warner & Karen Robinson

Kindergarten 2018: Enrolments are now being taken for Kindergarten, next year. If you have a child that will be attending Seaham Public School next year, please contact our office. Enrolment packs will be forwarded home this term.

Peer Support: We introduced a 3 step model this week to encourage resilient responses; Pause, Plan, Proceed. The children take part in an activity to identify their feelings and the immediate effects on their bodies i.e. butterflies in their stomachs. The normalcy of feelings is acknowledged and the importance of being proactive is stressed. The children learn that pausing when they are emotional is helpful. They can do this by being still, taking a deep breath or counting to ten. Pausing gives children space to see a situation more accurately before planning a response. Ask your child to describe the 3 steps of the model and what is involved in each one.

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.

**Dates For Diaries
2017**

Wednesday 2 August Fete Meeting @6pm
Monday-Wednesday 7-9 August Life Education Van
Mon-Tuesday 14 & 15 August Teen Talk Year 5 & 6
Monday 23 October 5 week Kindergarten Orientation Program commences for 2018
Friday 3 November School Fete
Tuesday-Friday 7/10 November Stage 3 Canberra Excursion
Monday 20 November Last week of Kindy Orientation
Tuesday 5 December Orientation Days for High School
Wednesday 6 December Annual Day & Night School Presentation
Tuesday 12 December Year 6 Farewell
Friday 15 December End of Term 4 for students only

Golden Egg Token Winners:**(K-2) Thomas Gretton****(3-6) Annaliese Caukwell**

Canteen: Our Canteen will be open for lunches and snacks on Tuesday 1 August to help celebrate "EDUCATION WEEK". Families and students are welcome to submit a lunch order for this special picnic lunch. Lunch orders will need to be given to the canteen no later than 9.00am on Tuesday morning. Menu attached on Page 7.

School Fete: Please email all your questions and suggestions to seahamschoolfete17@gmail.com

- ♦ Our FETE committee are still requiring a Fete Stall Coordinator. If anyone is interested, please contact Melissa Armer on 0474 692 064 or email seahamschoolfete17@gmail.com
- ♦ FETE meeting Wednesday 2 August at 6pm in the school library. Please come along and support our school in this major fundraising event.

Fete News/Raffle - Prize: CRF110F, Mini Bike: Raffle tickets are now on sale through the school office. Tickets are \$25 per ticket. Tickets can be purchased by cash, cheque or by P.O.P. Please see attachments on page 5 & 6 which will assist you in purchasing a ticket. Please feel free to sell with your workplace, extended families and friends. We thank you in advance for your support with our Fete and we wish everyone the best of luck in this great raffle. Tickets will be allocated upon payment. Raffle will be drawn 3 November, 2017.



SEAHAM PUBLIC SCHOOL

FETE RAFFLE



Prize: new CRF110F, mini bike. Designed for the younger off-road riders, with electric start.

Limited Tickets Available (200) at \$25 each

Purchase tickets from school office.

Closing Date: Monday 30th October, 2017

Drawn: 3rd November, 2017

Retail price: \$3250

SPECS	
ENGINE TYPE	109cc, air-cooled, single-cylinder, 4-stroke
TRANSMISSION	4-speed, constant mesh
STARTER	Electric and kick
DIMENSIONS	1,560mm x 686mm x 912mm
SEAT HEIGHT	667mm
FUEL CAPACITY	5 litres
KERB WEIGHT	74kg
TYRES	- FRONT 70/100 - 14 inch - REAR 80/100 - 12 inch



**ONLY 200
TICKETS
AVAILABLE**

Education Week Program:

Book Fair: The book fair will be running in the library all week.

Open Day—Tuesday 1 August

- ♦ 10am in the hall with a PBL presentation for those that can make it. During this session Mr Partridge will be talking about PBL at our school, giving you an insight into what goes on behind the scenes.
- ♦ 10:30am families and friends are welcome to visit classrooms.
- ♦ 11:00am—12:00pm, Families can then join us for picnic lunch in the grounds. Please pre-order your lunch orders by Tuesday morning from the school canteen. (menu attached on page 7)
- ♦ 12:00pm, the day will culminate with our 'book character' parade.

Canteen Roster 2017

Friday 28 July Chrissy Olive
Monday 31 July Renae Armitage Sam Mella
Tuesday 1 August Alyson Hodgson
Wednesday 2 August Karen Codrington
Thursday 3 August Leanne Sullivan
Friday 4 August Kate Davies

Book Fair is Coming:

Book Fair will be arriving Week 3 in the Library. It will run from Monday 31 July through to Friday 4 August. This is the Perfect opportunity to purchase new books as well as stationery and posters. Selling times are: 8:00—8:30am, lunch, recess and 3:15—4pm Monday to Thursday. Friday 8:00-8:30am. In our school Library.

Payments can be made per cash, cheque or credit card at the library.

Payments can also be made per our online P.O.P. If families would like their child/ren to have money to spend at the book fair, please feel free to make a payment and it will be put into our fees in advance. Once they have purchased at the book fair, we will then allocate this payment to the book fair. Families can also go shopping with their child/ren, have their order placed aside and once the payment is received per P.O.P. books etc can be given out.

Parenting Ideas by Michael Grose: Family life increasingly operates around a rigorous schedule as families balance work, school, leisure, social and personal lives. Family life increasingly operates around a rigorous schedule as families balance work, school, leisure, social and personal lives. A recent report found that three in five parents with kids in the 12-16 age group, can nominate where they'll be at 5pm on any given Wednesday. Wow! That's organized!! So entrenched is life inside this egg-timer like existence, that operating outside it can genuinely cause **anxiety**. In fact, around half of teens and the same percentage of parents say that life would be chaotic if they *didn't* live to a schedule.

Introduce some spontaneity into family life: Australian families are forgetting to be spontaneous. The idea of having a lazy day off with no one going anywhere is anathema to many families. When researching my book [Working Parents](#), I discovered that regular down-time was essential for healthy family functioning when both parents (or one in a sole parent family) were working. Yet, many parents tell me that they feel guilty when kids (or they) are just mooching around. "We should be doing something productive" is the cry I hear from parents with high work ethics. Maybe we'd all be better off and feel less stress and anxiety if we chilled and just hung out together. Here's some ideas if you're stuck:

- Tidy a room with a child (any room)
- Walk the dog together
- Do something you've never done as a family
- Watch a movie that a child chooses (any child)
- Wash the family pet
- Cook the next meal together as a family
- Drop in on a family or friend without notice
- Put music on when everyone is home
- Play outside regardless of the weather
- Make a weeknight takeaway night

If any of these suggestions made you wince then maybe you need to spend some time in Spontaneity Street. It's right next door to Down-time Drive. It will help make going through Routine Roundabout much more bearable. Besides, Spontaneity Street

Good for Kids—Good for Life

Why does our school have healthy eating and physical activity programs?

- ♦ Good nutrition and physical activity improves students' concentration and behaviour and boosts school performance.

Below are some examples of strategies schools are implementing to promote healthy eating and physical activity.

- ♦ Crunch&Sip—a daily fruit, vegetable and water program
- ♦ NSW Healthy School Canteen Strategy—revised canteen strategy replacing Fresh Tastes at school
- ♦ PE lessons have a focus on developing students fundamental movement skills
- ♦ Students have access to physical activity equipment during breaks
- ♦ Teachers have been trained in the Live Life Well at School Program
- ♦ Teachers are regularly incorporating healthy eating and physical activity into their lessons

Phone: 4924 6499



Health
Hunter New England
Local Health District

Year Six Preparations: Preparations are well underway for our end of year functions for our Year Six students. It would be appreciated if families could please take note of the following:

- ♦ Profiles for the Year Six book were forwarded home last week with students. It would be appreciated if families could please complete these with their child/ren and return to the class teacher by Thursday 3 August, 2017.
- ♦ If your child did not commence Kindergarten at Seaham Public School, please send in their Kindy photo for scanning, with the photo being given straight back.
- ♦ Year Six Graduation Mementoes correspondence was sent home on Monday. If your child/ren would like to order one, please complete by Wednesday 16 August, 2017. Students can choose from a Graduation Bear @\$15, Soccer Ball @\$11 or Football @\$11.

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.

Woolworths Earn & Learn: Woolworths Earn & Learn started yesterday. Families that shop at Woolworths, will get one sticker for every \$10 that is spent. Once your sticker sheets are complete, they can be placed in the Woolworths Earn & Learn Collection Box located in our school foyer or at the local Woolworths. This is a wonderful opportunity for our school to receive new educational equipment. Please see page 8 for your sticker card.

Field Team

Kye Andrews
Maddie Armer
Jack Armitage
Jye Auld
Brylee Brown
Charlie Burey
Charli Codrington
Asha Collins
Harper Collins
Matthew Edwards
Jasmin Greentree
Ivy Hall
Max Haynes
Lyla Hayward
Charlie Hostler
Ada Jackson
Ella Johnson
Allana Johnson
Kanye Knox
Shelby Meehan
Clare Moir
Ben Moroney
Lochlan O'Hare
Jaxon Pratt
Charlotte Renshaw
Ash Wade
Luke Young

Zone Athletics Carnival: Congratulations to our zone team who will be representing Seaham Public at the Zone Field Events on Tuesday 8 August and Zone Track Events on Friday 11 August.

The field events consist of discus, shot put, long jump, high jump, 800m and 1500m.

The track events consist 100m and 200m, 400m and relays.



Field Team



Track Team

Track Team

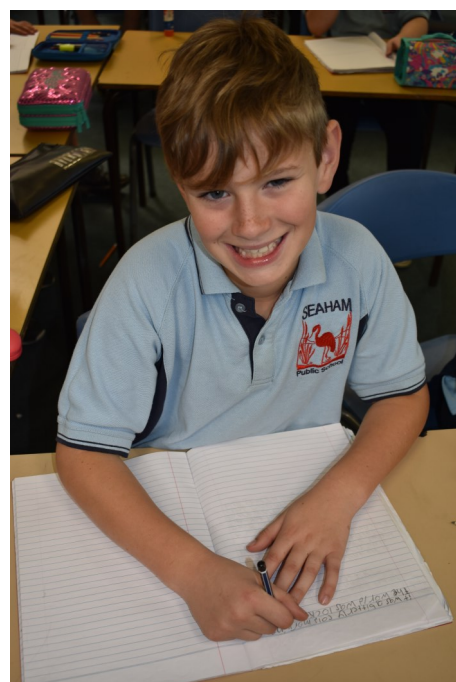
Kye Andrews
Maddie Armer
Jye Auld
Kytaya Bolt-Wells
Isabella Broad
Charlie Burley
Asha Collins
Harper Collins
Jorja Daskalovski
Alex Drew
Rebecca Drew
Matthew Edwards
Ryan Edwards
Ivy Hall
Max Haynes
Lyla Hayward
Charlie Hostler
Lilly Imber
Ada Jackson
Allana Johnson
Riley Johnson
Ella Johnson
Kanye Knox
Archie Lilley
Clare Moir
Ben Moroney
Jack Moroney
Liam Pascoe
Jaxon Pratt
Charlotte Renshaw
Ruby Renshaw
Sam Wade

Basketball: Yesterday, 26 July we played basketball against Soldiers Point Public School. At the start we were down 7-0 and we weren't playing very well together, however after a while we started playing as a team and quickly caught up. The final score was 16-12 with Seaham being the winners. Everyone played amazingly and we were very happy with the win. Thank you to our families who provided transport and supported our team. Thanks to Mr Partridge for his coaching.
By Ben Moroney, Lochlan O'Hare & Zac Tomkins



3/4B

3/4B are always enjoying their class time with Mrs Bowman. Students are having lots of fun and they are actively involved in their learning.



**Fete Raffle - Prize: CRF110F, Mini Bike
Drawn: 3 November 2017**

Name: _____

Contact Number: _____

Oldest Child: _____ Class: _____

Number of tickets: _____

☐ Cash/Cheque enclosed \$_____

☐ Paid on P.O.P. \$_____

Tickets will be allocated upon payment.



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Lunch Orders – Monday / Wednesday / Friday ONLY

- ✓ Please write your child's name, class and order on a paper bag or enclose in a re-useable lunch bag. Please include an extra 10c if you need a lunch bag provided.
- ✓ Securely enclose money inside bag and place through slot at canteen by 9.15am – *late lunch orders may receive a simple sandwich.*
- ✓ Change will be taped to the lunch order bag.

Hot Food

Sauce – tomato, BBQ or mayo.

Sweet chilli chicken wrap

(tenderloin, lettuce, tomato, cheese, mayo) \$3.50

Chicken burger

(chicken pattie, lettuce and mayo) \$3.50

Hamburger

(meat pattie, lettuce, tomato, cheese, sauce) \$3.50

Pizza (cheese and bacon / ham and pineapple) \$2.00

Noodles (chicken or beef) \$1.50

Pie – small / large \$1.50 / \$2.50

Chicken goujons x 6 \$2.50

Spinach and ricotta roll \$2.00

Sausage roll \$2.00

Penne pasta and cheese \$2.00

Chicken nuggets x 6 \$2.50

Gluten Free Chicken nuggets x 6 \$2.50

Potato wedges x 10 \$1.50

Mini spring rolls x 3 \$2.50

Sandwiches

No margarine unless requested.

White or wholemeal bread (roll or wrap 40c extra).

Salad = lettuce, tomato, cucumber, carrot, cheese.

Extra items 20c extra each.

Vegetemite \$1.00

Cheese \$1.20

Ham \$2.00

Egg and lettuce \$2.00

Salad \$2.20

Ham salad \$2.70

Salad Boxes

Salad = lettuce, tomato, cucumber, carrot, cheese.

Plain salad \$2.50

Egg salad \$3.00


































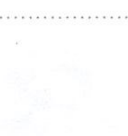
























Ham salad \$3.40

My Woolworths Earn & Learn stickers

My name: _____

My school: _____

Stick your Woolworths Earn & Learn stickers in the squares below, then drop your completed Sheet in the Collection Box at your school, Early Learning Centre, or local Woolworths store. Make sure you drop it in by Tuesday 19 September – even if it's not complete – so your stickers can be redeemed for your school or Early Learning Centre.

Entry to the promotion is open to registered primary and secondary schools, and eligible Early Learning Centres (ELC) in Australia. Promotional period is from Wednesday 26th July 2017 until Tuesday 19th September 2017. Speak to your school or ELC to ensure they are registered, or visit woolworths.com.au/earnandlearn and check online. One Woolworths Earn & Learn sticker is given for every \$10 spent at Woolworths Supermarkets, excluding purchases of liquor,

tobacco and gift cards. Woolworths Earn & Learn stickers will not be accepted by Woolworths unless attached to a Sticker Sheet provided by Woolworths. Woolworths Earn & Learn Sticker Sheets must be received by your registered school or ELC by 19th September 2017 for counting. For full set of Terms and Conditions, please visit woolworths.com.au/earnandlearn

