

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

Welcome to week four at Seaham. Today we had the official opening of our school parliament. Thank you to those parents and friends who were able to attend. Our State member Ms Kate Washington was in attendance and was impressed with how our leaders and students engaged in and participated in our first official parliament session. Thank you to Mr Eagleton and Mr Bennett for their continued effort and support in our Seaham leadership process.

Drum Corp - Yesterday we had our second Drum Corp lesson in our hall. The response this year has been huge with numbers up compared to last year. So much so we have had to put some students on hold as numbers have exceeded the capacity. Apologies to our kindergarten students and new year one enrolments who are on hold at the moment. Hopefully the team at Drum Corp can assist us to provide an option for these students.

Zone Swimming - Best of luck to all our students attending the Zone swimming carnival at Tomaree this Friday. Mr Bennett will be in attendance in an official capacity and Mrs Imber will be there to support our students and help them get to their races on time. Thank you to Mr Bennett for his ongoing support of PSSA sport at Seaham.

Dates For Diaries 2019

Friday 22 February
Zone Swimming Carnival

Thursday 21 March 2019
Harmony Day

Thursday 4 April
Athletics Carnival

Friday 12 April 2019
P&C fundraiser
Colour Run

Monday/Tuesday/Wednesday
6/7/8 May 2019
Life Education

Thursday 9 May
Mothers Day Stall

Tuesday/Wednesday/Thursday
14/15/16 May 2019
Naplan

Friday/Saturday
14/15 June 2019
Starstruck

Wednesday/Thursday/Friday
2/3/4/5 July 2019
Stage 3 - Excursion / Canberra

Thursday/Friday
8 & 9 August 2019
Stage 2 Excursion / Sydney

Monday/Tuesday
12/13 August 2019 P&C
Teen Talk

Thursday 12 December
Surf Safe



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.

CANTEEN NEWS

All Canteen Committee positions are now vacant and open for nominations. Closing date for nominations is 28 February.

Our next meeting will be held in March at 9am in the school library.

All welcome, we would love to see some new faces.

CANTEEN NEWS - ONLINE ORDERING

If your child is using the reusable lunch order bags but you are ordering your child/ren's lunches using our new School 24 online order system, please **do not** place an order in the lunch bag - just note on the front of the bag that your child/ren have ordered online.

Canteen Committee

UNIFORM ORDERS ONLINE

When ordering uniforms on our new School 24 uniform app, please ensure that your child's name and class is listed.

Please DO NOT order winter uniform sale items on our School 24 app without confirming with the school office for availability first.



REGISTRATION

Go to: www.school24.net.au

Press the **blue** registration button to create your account.

Enter your unique school ID number to help us match your account with your school.

School Name registration ID::
25376963

You will then be asked to complete your personal details. Once completed click **Create Account**.

The image is a promotional graphic for the Crunch&Sip program. It features the program's logo in large green letters, with the tagline 'Information for parents' below it. The background is decorated with various fruits and vegetables, including pineapple, strawberries, an orange slice, and broccoli. There are also water droplets scattered throughout. The text is arranged in a clear, easy-to-read format with bold headings and bullet points.

Crunch&Sip®

Information for parents

What is Crunch&Sip®?

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

What you need to do:

Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.



It's time to get excited! Hands up if you like prizes... Hands up if you want to get covered in coloured powder!

Our school will be holding a School Run4Fun Colour Explosion on **Friday 12 April 2019 (last day of Term 1)** to raise money for grounds beautification projects, technology and other resources for the school. The best part about the fundraiser is not only will it be an explosion of colour, but everyone gets a prize simply by raising \$10 or more. How easy is that!

What is the School Run4Fun Colour Explosion you ask? It's the most colourful and fun event on this year's school calendar. It's all about participation, raising money for our school, which ends in a blast of colour. Each student is required to wear a white shirt on the day. During the event, volunteers will throw vibrant colour powder in the air and it will cover you from head to toe.

You will shortly receive a Sponsorship Form and a parent letter with details on participation and how you can help raise funds for our school. Students will be able to create a Student Profile Page which is unique to them. Linked to online fundraising, you can share the Profile Page and request donations from family and friends anywhere in Australia or around the world.

Thank you to those who have already volunteered to help on the day – always happy for more! If you can help on the afternoon please contact Lucy O'Brien 0402 213 872 / lucy_obrien@bigpond.com.

Seaham Public School P&C

Canteen Roster - Term One 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28 Jan	29 Jan	30 Jan	31 Jan	1 Feb
4 Feb	5 Feb	6 Feb	7 Feb	8 Feb
11 Feb	12 Feb	13 Feb	14 Feb Jess	15 Feb Kate & Celia
18 Feb Chrissy	19 Feb Lucy	20 Feb Chrissy	21 Feb Jess	22 Feb Kate & Celia Maxeen Langlois
25 Feb VOLUNTEER NEEDED	26 Feb Mel Armer	27 Feb Chrissy Elyse	28 Feb Jess & Steph Stapleton	1 March Kate & Celia
4 March Chrissy	5 March Steph Maloney Kate	6 March Bec Vella	7 March Annette	8 March Kate & Celia
11 March VOLUNTEER NEEDED	12 March Lucy Vanessa Fox	13 March Chrissy	14 March Bec Vella Mandy Anderson	15 March Kate & Celia
18 March Chrissy	19 March Jess	20 March VOLUNTEER NEEDED	21 March Harmony Day	22 March Kate & Celia
25 March VOLUNTEER NEEDED	26 March Lucy	27 March Melinda Krieger	28 March Jess	29 March Kate & Celia
1 April Chrissy	2 April Jess	3 April VOLUNTEER NEEDED	4 April Mel Armer	5 April Kate & Celia
8 April Mel Armer	9 April Jess	10 April VOLUNTEER NEEDED	11 April RED DAY	12 April Kate & Celia

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

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.



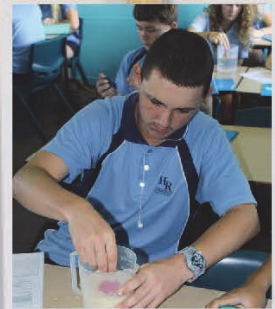
Honesty



Respect



Harmony



Success

Hunter River High School



OPEN NIGHT

Monday, 25 February 2019

6-7pm

School Library

36 Elkin Avenue, Heatherbrae

Parking available in Elkin Avenue and staff carpark

CONSIDERING A HIGH SCHOOL FOR YOUR CHILD'S FUTURE?

Come along and get a **SNAPSHOT** of learning at H.R.H.S.!

All welcome....