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30 January 2020



Edi the Egret

Respectful

Responsible

Learners

LIVE – LEARN – CARE

## Principal's Message

Welcome to 2020 and another fantastic year at Seaham Public School. We welcomed our kindergarten students this morning and it was fantastic to see them settle in so well. I hope family members coped with the day and weren't too sad as their little ones headed into class for the first time. We always try and make that first morning a quick transition. We always find it easier to get straight into the school routine to make that separation a little easier for all. I would also like to welcome new families to our Seaham family and hope your time with us is a positive one.

**Staff news** - We have had some changes with school staff this year. Welcome to Miss Richardson who is teaching 1/2R in the new demountable and Mrs Roberts who replaced Ms Atchison and is teaching 3/4R. Ms Broadbent will continue on as 4/5B teacher replacing Mrs Stewart who is continuing her leave. An additional teacher will also be working Wednesday and Thursdays starting next week supporting our mathematics programs and taking some teacher's release time. We welcome Mr Wright who will take on this role. We also welcome Mrs Panther and Mrs Hirst, both student learning support officers (SLSOs) who will be supporting our teachers and students. Welcome to all and we hope you enjoy your time at our fantastic community school.

**School grounds** - It was great to see some much needed rain recently. Mr Wells, our general assistant, returns next Monday and he may have his work cut out attacking our fast growing lawn. We have also had a leak causing some issues for parents and community members below the kindergarten room in the adjacent carpark. This has been repaired just in time for the start of school.

**Health Alert** (Novel Coronavirus) - current advice from the Australian Government Department of Health is that any staff or student who has visited the province of Hubei in central China, is under medical assessment or is diagnosed with the Novel Coronavirus or has had close contact with someone diagnosed should not return to school for a period of 14 days.



## Dates For Diaries 2020

Friday 7 February  
Swimming CarnivalWednesday 19 February  
Zone Swimming CarnivalThursday 27 February  
Whole School Assembly  
2:15pm - 6EThursday 19 March  
Harmony DayMonday/Tuesday/Wednesday  
30/31 March, 1 April  
Stage 2 CampThursday 9 March  
Easter Hat ParadeThursday 30 April  
School PhotosWed/Thurs/Fri 4/5/6 November  
Stage 3 CampTuesday 8 December  
Year 6 Farwell  
6-8:30pm

## CANTEEN

**OUR SCHOOL CANTEEN WILL BE OPEN FOR LUNCH ORDERS  
TOMORROW 31 JANUARY. ORDER THROUGH THE  
CANTEEN ONLINE.**

### CANTEEN HOURS - TERM 4

#### **MONDAY: LUNCH ORDERS AVAILABLE**

Canteen Open - 11:45am - 12:30pm

Snacks Only - 1:35 - 2pm

#### **TUESDAY: SNACKS ONLY - 1:35 - 2pm**

#### **WEDNESDAY: LUNCH ORDERS AVAILABLE**

Canteen Open - 11:45am - 12:30pm

Snacks Only - 1:35 - 2pm

#### **THURSDAY: SNACKS ONLY - 1:35 - 2pm**

#### **FRIDAY: LUNCH ORDERS AVAILABLE**

Canteen Open - 11:45am - 12:35pm

Snacks Only - 1:35 - 2pm

## CANTEEN ROSTER

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## COME AND TRY

**Interested in playing netball but not sure what it's all about?  
Come along and have a go!**

**Brandon Park Netball Courts**

**Thursday 6<sup>th</sup> February 2020**

**4:00pm**

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.

**VOLUNTEERS URGENTLY NEEDED**

**MUMS, DADS,  
FRIENDS, CARERS, NANS & POPS  
ANY TIME IS GREATLY APPRECIATED**

**If you are able to contribute a small amount of  
your time volunteering in our school canteen, our  
students would greatly appreciate it.**

**Please contact Alison Taylor on 0468 742 214, or  
Add your name to the calendar below and return to school please.**

| <b>Monday</b>              | <b>Tuesday</b>  | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b>                   |
|----------------------------|-----------------|------------------|-----------------|---------------------------------|
| <b>27 Jan<br/>AUST DAY</b> | <b>28 Jan</b>   | <b>29 Jan</b>    | <b>30 Jan</b>   | <b>31 Jan</b>                   |
| <b>3 Feb</b>               | <b>4 Feb</b>    | <b>5 Feb</b>     | <b>6 Feb</b>    | <b>7 Feb</b>                    |
| <b>10 Feb</b>              | <b>11 Feb</b>   | <b>12 Feb</b>    | <b>13 Feb</b>   | <b>14 Feb</b>                   |
| <b>17 Feb</b>              | <b>18 Feb</b>   | <b>19 Feb</b>    | <b>20 Feb</b>   | <b>21 Feb</b>                   |
| <b>24 Feb</b>              | <b>25 Feb</b>   | <b>26 Feb</b>    | <b>27 Feb</b>   | <b>28 Feb</b>                   |
| <b>2 March</b>             | <b>3 March</b>  | <b>4 March</b>   | <b>5 March</b>  | <b>6 March</b>                  |
| <b>9 March</b>             | <b>10 March</b> | <b>11 March</b>  | <b>12 March</b> | <b>13 March</b>                 |
| <b>16 March</b>            | <b>17 March</b> | <b>18 March</b>  | <b>19 March</b> | <b>20 March</b>                 |
| <b>23 March</b>            | <b>24 March</b> | <b>25 March</b>  | <b>26 March</b> | <b>27 March</b>                 |
| <b>30 March</b>            | <b>31 March</b> | <b>1 April</b>   | <b>2 April</b>  | <b>3 April</b>                  |
| <b>6 April</b>             | <b>7 April</b>  | <b>8 April</b>   | <b>9 April</b>  | <b>10 April<br/>GOOD FRIDAY</b> |

# Good for Kids good for life

## PACKING AN EVERYDAY LUNCHBOX

Packing an everyday lunchbox does not have to contain fancy ingredients.

Make packing an everyday lunchbox easy by adding:

- **Crunch and Sip®:** 1 serve of fruit or vegetables
- **Recess:** 1 serve of fruit or vegetables + 1-2 everyday snacks e.g. rice crackers, yoghurt
- **Lunch:** Sandwich/wrap/roll or leftovers containing everyday ingredients e.g. pasta, fried rice
- **Drink:** Water and/or reduced fat plain milk
- Don't forget to add an **ice brick** to keep the food cool and safe

See our everyday lunchboxes below for ideas.



**Crunch & Sip®:** Capsicum sticks  
**Recess:** Mini rice cakes, banana  
**Lunch:** Multigrain wrap with chicken, cheese, carrot and lettuce  
**Drink:** Water



**Crunch & Sip®:** Cherry tomatoes  
**Recess:** Rice crackers, cucumber sticks and hummus  
**Lunch:** Raisin bread sandwich with banana  
**Drink:** Water, reduced fat plain milk



**Crunch & Sip®:** Carrot sticks  
**Recess:** Yoghurt, grapes  
**Lunch:** Whole meal sandwich with tuna, tomato and lettuce  
**Drink:** Water

Whilst brands may be depicted in these images, Good for Kids has no affiliation and does not endorse any specific food brand.

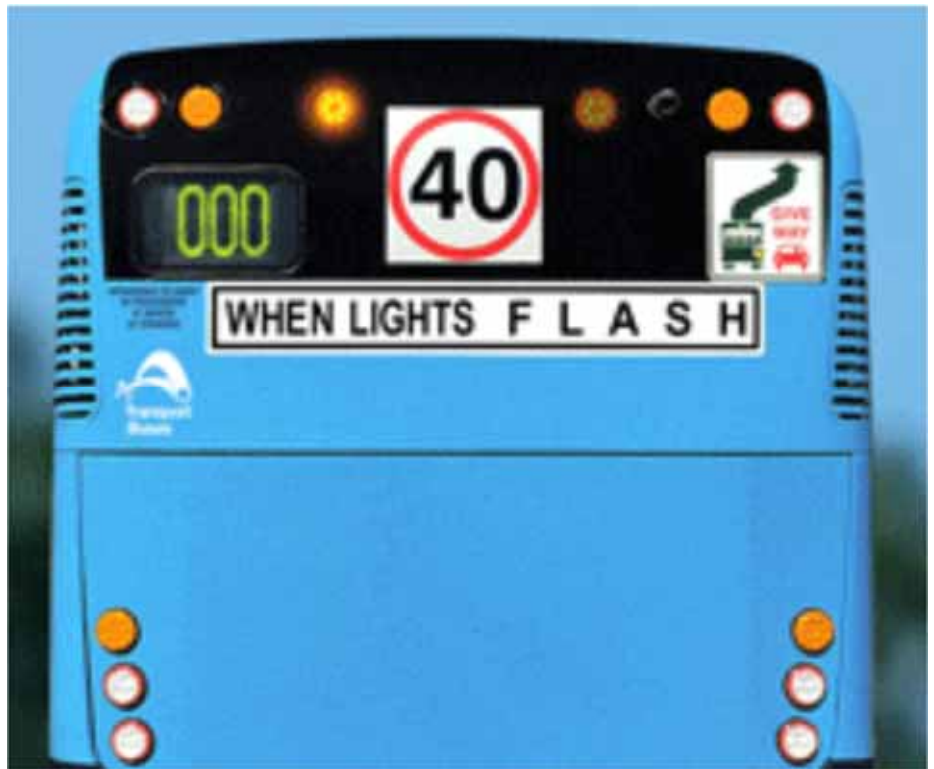


**Health**  
Hunter New England  
Local Health District

[HNELHD-GoodForKids@health.nsw.gov.au](mailto:HNELHD-GoodForKids@health.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>



# School Bus Flashing Lights Campaign



Drivers should look out for children who are crossing the road or waiting to cross. Lights flash on buses to warn motorists that buses are picking up and dropping off children. By law, a driver must not overtake or pass a bus with flashing lights at more than 40km/h.

Lights begin to flash when the bus stops and the doors open, and they keep flashing for about 20 seconds after the doors close. Children are most at risk in the minutes after they get off the bus. Young children are often unpredictable in their movements. They are still developing the skills that help them to judge the direction of sound and the speed and distance of vehicles.

We know that because of their sheer size and mass, buses can cause severe outcomes for other road users in crashes. Motorists can help reduce the risk of a crash and keep children safe by:

- Slowing down to 40km/h when bus lights are flashing
- Looking out for children crossing the road near bus stops, in [school zones](#) or along bus routes
- Giving way to buses when they merge back into traffic.

## **Rural and regional areas**

Drivers must take extra care when driving past bus stops or along bus routes in rural and regional areas. Be aware of children crossing the road and slow down to 40km/h when bus lights flash. A stationary bus can impede your view of children near the bus.



## ROAD SAFETY INFORMATION

YOU ARE RESPONSIBLE FOR YOUR CHILDREN'S SAFETY WHEN THEY ARE TRAVELLING TO AND FROM SCHOOL.

# Drive and park safely near schools

The beginning and end of the school day are busy times for pedestrians and drivers outside schools.

You can help keep children safe by remembering the following:

- drop off and pick up children on the school side of the road
- never call out to children from across the road – it is very dangerous
- always take extra care when driving in 40km school zones
- follow all parking signs – these help keep children as safe as possible
- park responsibly even if this means you have to walk further to the school gate
- never double park – it is illegal and puts children at risk
- never do a U-turn or three-point turn outside the school as it puts children at risk of harm
- model safe and considerate pedestrian and driver behaviours to your children.

### For further support

Go to the department's Road Safety Education program at [education.nsw.gov.au/road-safety-education](http://education.nsw.gov.au/road-safety-education) or visit [education.nsw.gov.au](http://education.nsw.gov.au) and search for road safety education.

When travelling in a car ensure your children:

- use a booster seat if they are aged between 4 and 7 years old – it's the law
- are correctly buckled up in their seatbelts
- always get in and out of the car through the 'safety door' – the rear door on the footpath side of the car
- are never left alone in the car.



#### Up to 6 months

Approved rear-facing child car seat



#### 6 months to 4 years

Approved rear- or forward-facing child car seat



#### 4+ years

Approved forward-facing child car seat or booster seat



#### 145cm or taller

Suggested minimum height to use adult lap-sash seatbelt

