



May 2018

Term 2 Week 2

Newsletter

Important Dates

Wednesday

9th May 2018

Mother's Day Stall
Gifts from \$2 to \$7

Thursday

10th May 2018

Bunnings Family Night
6pm - 8pm
FREE

Friday

11th May 2018

Mother's Day Breakfast
Bacon and Eggs
8am All Welcome

Monday

14th May 2018

P&C Meeting
NEW TIME
9.30am in library

Tue/Wed/Thur

15th May 2018

Naplan

Friday

18th May 2018

Year 5 Opportunity Class
Applications Close

Monday

11th June 2018

Queen's Birthday

Principals Message -

Firstly, my thanks to Mrs Wasowski for heading up another great Athletics Carnival. Thank you to all our parent volunteers that gave a hand to make the day a great success and special thanks to our ex-students that also came along to lend a hand. Ours is a great community and it's the kids, mums, dads, grandmothers, grandfathers, carers, aunties and uncles that make it that way.

Well, the kids certainly enjoyed cutting into the lambs brains this week. I quizzed a few kids about what they learned. I got several responses about not believing the information about the impact of gaming on your brain and sleep. Seriously, we spend a lot of time encouraging kids to be critical and question information and they chose to disbelieve that gaming late at night affects their sleep! Well, I do admire their capacity to stand by a conviction and the focus and interest they showed throughout both the visual presentation and practical tasks was outstanding.

My thanks to our school leaders for rising early on the morning of April 25 to represent our school at the ANZAC Dawn Service. As the daughter and granddaughter of an ANZAC I sincerely thank all our families that participated in this event. Wallsend is a wonderful community and the ANZAC service conducted is just amazing.

Wallsend ANZAC Service

Our leaders and students represented Plattsburg Public School with pride and honour at the Wallsend Diggers ANZAC Dawn Service last Tuesday. The leaders laid a floral tribute at the base of the cenotaph and all were clearly moved by the occasion. Thank you to Mr Hopson for escorting the students to the service and Mrs Neal-Mahony for making the wreath with the lunchtime craft club.



Harmony Day Artwork

Artwork created by our Multicultural Group was on display at the Jesmond Neighbourhood Centre this Sunday for Newcastle's Harmony Day event. The work is very impressive with students involved to be congratulated.



Recorder Group

Here are some of the recorder girls showing us how to play and not play recorder. We are working really hard towards our next performance. *Mrs Buxton*



Tissue Donations

The mornings are starting to turn chilly and with the colder weather comes with it colds and sniffles. We are asking for donations of tissues for each classroom and office. Thank you for your donation.

Payments

The school office can accept cash payments or payments by POP via the school's website. Cash payments can be placed in the office locked box which is on the left as you enter the office. School

Payments include:

- Fees
- Book packs
- Excursions

When paying online, go to the website and click on "make a payment" and you will be redirected to the POP webpage. Please do not pay for P&C payments through POP. The P&C can accept payments via <https://quickcliq.com.au/direct> deposit to account:

Commonwealth Bank
BSB 062-823
ACCOUNT – 00901546

Or cash payments to our P&C locked box in the office. Our box is on the right when you walk into the office.

P&C Payments include:

- Raffle tickets
- Canteen Meal Deals
- Christmas in the Gully
- Performance tickets
- Fundraising

Important – Please do not pay for P&C items through POP.

School Hours

School Supervision does not begin until 8.30am and ends at 3pm, please organise your child care around these hours. It is the responsibility of parents

and carers to organise before and after school care. It is not acceptable to drop your children at school before supervision commences. Children on the school site before or after supervision **ARE NOT SAFE**. We understand that many parents may have commitments at work which require them to start early. We start early too. There are OOSH services operating at Wallsend Public School and Maryland Public School. As an alternative, you may be able to make arrangements with friends or neighbours for the supervision of your children before school. Some families in our School who have working parents take turns to take each other's children to school.

Clothing

The weather has started to cool down, so make sure that students have school jumpers at school and that they are clearly marked with the children's names, so if the day pans out warmer then the clothes are easily returned to their rightful owners.

Walk Safely to School Day

Friday the 18th May is Walk Safely to School Day. You can teach your child the healthy habit of walking more by:

- Walking with them the whole way to school
- If they get the bus, walk past your usual stop and get on at the next stop
- If you have to drive, park the car a few blocks away from the school and walk the rest of the way.

Well it's that time of year again when our school seriously starts talking about walking! Walk Safely to School Day asks that we all consider our transport habits and try to incorporate more walking as part of a healthy, active way to get

around. Although walking all the way to school isn't realistic for many of us, it's quite easy to figure out how you can build a walk into your family's daily routine.

Regular exercise, like walking with your child, not only helps them (and you!) beat chronic problems like obesity, heart disease, behavioural and mental health issues and diabetes, it also gives you a great opportunity to teach your child safe ways to behave around roads and traffic.

The Objectives of National Walk Safely to School Day are:

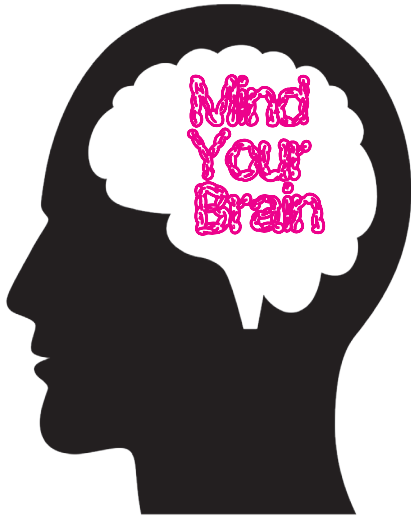
- To encourage parents and carers to walk to school with primary school age children
- To promote the health benefits of walking and create regular walking habits
- To help children develop vital road crossing skills and ensure children up to the age of 10 years hold an adult's hand when crossing the road
- To help children develop the vital road crossing skills they will need as they become mature pedestrians
- To reduce car dependency and traffic congestion
- To reduce the level of air pollution created by motor vehicles
- To promote the use of public transport

Enjoy your walk to school!

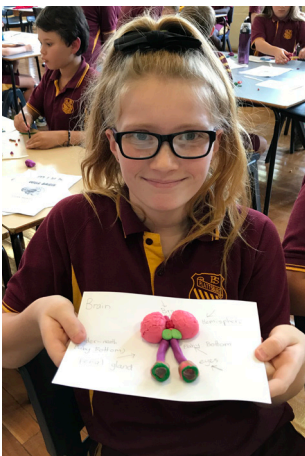
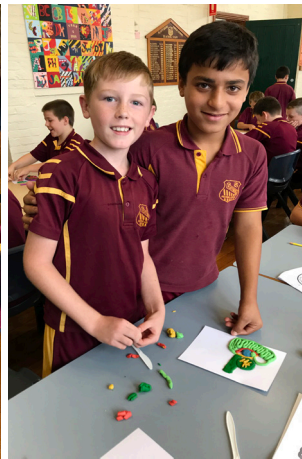
Children's University

Students involved in Children's University can have hours checked off in their passport by seeing Mrs Brooks and talking about or showing what they have been doing and learning.

We already have some students who have started the program this year and have already made it to 30 hours, qualifying them for the first level of awards.



Stage 3 students had a fantastic day with neuroscience expert John Joseph. John explained the different parts of the human brain, how factors such as sleep and stress can affect the development of the brain and affect learning and how memory works. Most importantly, students were engaged in a number of hands on activities including dissecting a brain. The students thoroughly enjoyed the workshop. Further resources can be found on John Joseph's website www.focusededucation.com.au



Wallsend Fire Station Opening

Last Term the Plattsburg Choir and Cultural Dance Group were invited to open the new Wallsend Fire Station.

Our School Choir opened the celebration singing the National Anthem in English and Awabakal. This was very well received and for a number of the special guests in attendance it was their first experience hearing the National Anthem in Language.

Our Cultural Dance group closed the celebration and also impressed guests with their mix of traditional and contemporary dances.

All students are to be commended on how they conducted themselves and represented the school. I would like to thank all the parents who gave support in getting the students organised and attended to support the students.

Miss Karen Keers





ATHLETICS CARNIVAL

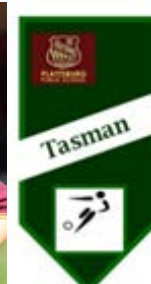
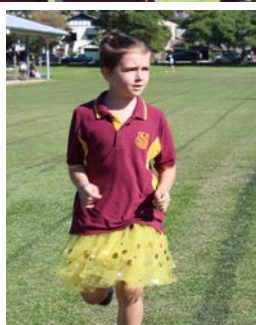


Term 1 ended on a high with the running of our school Athletics carnival. We were fortunate the weather was on our side and the track was not too boggy. The primary students arrived at Federal Park in the morning where they competed in the 800m, 200m and Long Jump events before the infant students came across to join in the action. Following recess were the age races with students from kindy to Year 6 competing. House Captains were leading their teams in cheering on their fellow house mates demonstrating great sportsmanship and comradery. Every student whether they were competing in every race or cheering on their friends represented themselves and Plattsburg with pride.

A HUGE thank you to all the volunteers who without them this day wouldn't happen. The whole carnival is organised and managed by the P&C. This includes everything from pre carnival planning to running and recording events to the canteen. It is a massive undertaking to ensure our students have a safe, fair and fun day. A very special thank you to Amanda Wasowski who organises the whole carnival, program and records results. The event would not be the success it is without her. THANK YOU.

Results for the day were double and triple checked during the holidays. It was the closest house point score ever; Equal First-Macquarie and Phillip on 231 points each, 2nd- Cook on 230 points, 3rd- Tasman on 168 points

Congratulations to all the students who received their place ribbons this week at assembly. An extra congratulations go to our Age Champions; Junior Girl- Jayarni Townsend on 26 points Junior Boy- Isaac Radburn on 30 points Senior Girl- Kaylee Blakely on 34 points, Senior Boy- Brody Dudgeon on 30 points





CROSS COUNTRY



On Friday students represented Plattsburg Public School at the Zone Cross Country at Federal Park, Wallsend. All the students participated with enthusiasm and produced their best effort. Well done to Ella, Kaylee, Cooper and Taylen who all qualified to represent the school at regionals. Congratulations and good luck for regionals.



STATE SWIMMING

On Wednesday 11th and Thursday 12th April Taylen and Cooper Marks represented Plattsburg Public School at the PSSA State Swimming at Homebush in Sydney. Taylen competed in under 12's 50m freestyle coming twelfth and in the 50m backstroke coming seventh. Cooper competed in under 8's 50m freestyle coming second place and bringing home his first Silver State Swimming Medal.



Staff Development Day Report

I don't often report on our Staff Development Day activities but would like to share with you some of the valuable insights we gained from our recent training in Learning With The Brain in Mind. We attended a whole day conference with 240 other educators from our area. We learned a great many things that we are still unpacking but one of the most significant insights we did get was the importance of sleep to learning. Below is an article from Life Education: www.lifeeducation.org.au/parents/the-importance-of-sleep-for-your-childs-health that gives a good and basic summary of this one aspect of our training. Please take some time to read this and see what you think. I guess as teachers we have real concerns around how long our kids are spending on electronic games and how that can impact their sleep patterns and then their concentration through the day. Maybe you can see a link between sleep and learning too.

How does sleep affect your child?

Physical Health

Sleep allows our bodies to repair and rejuvenate through repairing tissue, boosting muscle mass, synthesising proteins, releasing growth hormones and maintaining a strong immune system (sleep-deprived children, for example, are much more prone to common colds and flu).

Another benefit to sleeping well is weight management. Studies have shown that young children who get less than 10 hours sleep a night are three times more likely to be obese than those getting 12 or more.

Mental: Mood, Emotion and Clarity

Ever noticed how, when you're tired, you're prone to crankiness and moodiness? The same applies to your children as well. Lack of sleep negatively affects the way emotions regulate, increasing your stress levels through amplified anxiety and aggression. While sleep won't eliminate stress, it increases readiness to cope with it.

Studies have also shown that while we sleep, our brains process and consolidate memories, helping your children to remember the important things in life. In contrast, losing sleep makes you more likely to make silly mistakes and impairs problem solving and focus, as brain neurons aren't able to function optimally.

How to sleep better?

Here are a list of things that you can do to get your child to sleep better:

Watch the sugar /caffeine

A can of coke or a sugary snack before bed can hinder any or all of the good work you've done in getting your child to bed. Diet dictates how energetic and active we are, and as you're no doubt aware, sugar and caffeine are two hyperactive ingredients not conducive to sleep.

Limit technology/stimuli before bed

Colourful, interactive stimuli is detrimental to your sleep because it keeps the brain active at exactly the wrong moment. Whether your children are chatting to friends, playing games or watching their favourite show, modern technology is making it harder for us all to sleep. Turn off all technology an hour or so before their bedtime. Instead they could listen to an audio book or relaxing music, take a warm bath, do some relaxation exercises or a play a quiet game like a puzzle.

Keep a regular routine

Regular sleep times help maintain our body clock's circadian rhythm and keeping these consistent will make it easier to fall asleep. This tip is especially difficult during the school holidays when routines are often relaxed, the days are longer and activities more varied. However, it can make a big difference.

Know how much sleep is required

As a general guide, your child's sleeping needs naturally decrease by about 15 minutes each year. Toddlers and pre-schoolers need around 12-14 hours per day, primary school-aged children should get 10-12 hours and teens will usually want 9 hours. (Grown-ups do best with about 8 hours). Do your best to meet these requirements.

Hopefully these tips will help your children sleep like a log and wake up fresh as a daisy each and every day.

Ellen Bax.

Spoil MUM

THIS MOTHER'S DAY



Mother's Day Stall

Wednesday 9th May

9am to 11am

Gifts range from \$2 to \$7

Students will visit the stall in their classes during class time.
Remaining gifts will be on sale during Mother's Day breakfast.



You're invited

Please join us for our Mother's Day Breakfast.

Friday 11th May from 8am

The Mother's Day stall will also be open and the raffle will be drawn around 8:45am.



Meeting Notice P&C Meeting Monday 14th May 2018 9.30am in the library All Welcome.

Breakfast Club Roster

Monday	Tuesday	Wednesday	Thursday	Friday
7/5/18 Robyn Spiteri Michelle Bauer Natalie O'Neile	8/5/18 Melissa Mattson (Bread Collector) Robyn Spiteri Michelle Bauer	9/5/18 Kylie Evans (Bread Cutter) Bernadette Jobb (Bread Cutter) Robyn Spiteri Kirsty Russell	10/5/18 Christina Grew Carly Ackerman	11/5/18 Carly Ackerman Cassie Kinsela Michelle Ryan Sheridan Uhrig
14/5/18 Robyn Spiteri Michelle Bauer Natalie O'Neile	15/5/18 Robyn Spiteri Michelle Bauer	16/5/18 Robyn Spiteri Kirsty Russell	17/5/18 Christina Grew Carly Ackerman	18/5/18 Carly Ackerman Michelle Ryan Sheridan Uhrig
21/5/18 Robyn Spiteri Michelle Bauer Natalie O'Neile	22/5/18 Michelle Baurer (Bread Collector) Robyn Spiteri Michelle Bauer	23/5/18 Kylie Evans (Bread Cutter) Robyn Spiteri Kirsty Russell	24/5/18 Christina Grew Carly Ackerman	25/5/18 Carly Ackerman Cassie Kinsela Michelle Ryan Sheridan Uhrig
28/5/18 Robyn Spiteri Michelle Bauer Natalie O'Neile	29/5/18 Robyn Spiteri Michelle Bauer	30/5/18 Robyn Spiteri Kirsty Russell	31/5/18 Christina Grew Carly Ackerman	1/6/18 Carly Ackerman Cassie Kinsela Michelle Ryan Sheridan Uhrig

Canteen Roster

Monday Sandra Moriarty Odette Radburn
Tuesday Kylie Evans Alison Smith
Wednesday Bernadette Jopp Kylie Evans
Thursday Sandra Moriarty
Friday Sandra Moriarty Amanda Wasowski Order online at www.quickcliq.com.au



Education
Public Schools

High Performing Students Unit

Information about applying for Year 5 entry to an opportunity class in 2019

(Parents must agree to read this document before submitting an online application)

Thinking of applying for Year 5 entry to an opportunity class in 2019?

You must apply online at
<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>



Key dates

Tuesday 1 May 2018

Application website opens

Friday 18 May 2018

Application website closes

Late applications will not be accepted.

Wednesday 18 July 2018

Test authority advice sent to all applicants

Wednesday 1 August 2018

Opportunity Class Placement Test

Mid-October 2018

Placement outcome information

Application information should be read carefully before applying.

It is on the website at:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

Note: The information in this document is available in an accessible format on the website.

Parents* should check this website regularly for updates all the way through the application and placement process. Please check the website and Facebook for up to date information before you contact the Unit.

The opportunity class placement process for Year 5 entry is administered by the High Performing Students Unit[^].

Contact details

High Performing Students Unit

NSW Department of Education

Email: ssu@det.nsw.edu.au **Telephone:** 1300 880 367 **Fax:** 02 9266 8435

Postal address: Locked Bag 53, DARLINGHURST NSW 1300

Website: <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

Facebook: <https://www.facebook.com/Opportunityclassplacement>

[^] In this document, the High Performing Students Unit is referred to as the Unit.

*'Parent' is defined under the *Education Act 1990* as 'a guardian or other person having custody or care of a child'.

A list of the primary schools with opportunity classes is shown on page 2 of this document.



FREE Fun program for kids to become fitter, healthier and happier



**TO REGISTER: FREE CALL
1800 780 900**

SMS 0409 745 645 for a call back
Register online at www.go4fun.com.au

www.facebook.com/go4funprogram/

For more information or to register for the program:

**TO REGISTER: FREE CALL
1800 780 900**

SMS 0409 745 645 for a call back
Register online at www.go4fun.com.au

[Visit our Facebook page!](https://www.facebook.com/go4funprogram/)
www.facebook.com/go4funprogram/



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73 Miller St, North Sydney, 2060
Tel (02) 9391 9000
www.health.nsw.gov.au

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December 2016 SHPN (CPH) 150501



Healthy • Active • Happy • Kids

Are you ready to Go4Fun®?

Go4Fun® is a healthy lifestyle program for children aged 7-13 years who are above a healthy weight, and their families. Programs run during school term and are led by trained, qualified health professionals.

Learn tips for a healthier life – all for **FREE!**

TESTIMONIALS



"My daughter Kaitlin did this program last term and I would recommend it to everyone. It has really changed her life. All I can say is, I am so thankful to the Go4Fun program. It really is an excellent program for the kids and us parents."

– Chrissy Kellett, Go4Fun mum

"I love, love, love (x1,000) this program."

– Go4Fun® child



WHAT HAPPENS ON THE GO4FUN® PROGRAM?

The program consists of 10 sessions, delivered once a week for 2 hours. Highlights include:

- Fun games and activities for children.
- Interactive discussions to support your family to make healthier lifestyle choices.
- Practical demonstrations, games and tips on healthy foods, label reading and portion sizes – including a supermarket tour!

WHO CAN JOIN GO4FUN®?

- Children aged 7 to 13 years who are above a healthy weight
- A parent or carer must be available to attend each session

NOT SURE IF YOUR CHILD IS ABOVE A HEALTHY WEIGHT?

- Speak to your healthcare provider to check if your child's weight status.
- Alternately, you can call 1800 780 900 to see if your child is above a healthy weight.

WHY JOIN GO4FUN®?


- Get expert advice on healthy eating
- Get active playing fun games
- Make new friends
- Build confidence
- Make changes as a family
- Support on goal setting to achieve change
- All for **FREE!**



PROGRAM LOCATION	START DATE	DAY	TIME
Revolution Trampoline Sports Park	Monday 23 rd July	Monday	4pm-6pm
Cessnock Basketball Stadium	Thursday 26 th July	Thursday	4pm-6pm

Mother's Day Family Night

FREE



Time: 6:00pm - 8:00pm
Date: Thursday 10th May 2018

Activities:

Join the Wallsend team in celebrating Mother's Day, we will have

- Rockpool Adventures, see and even touch some amazing creatures from the sea.
- Oakvale Farm, meet some cute and cuddly animals.
- Jumping Castle, Face Painting, Craft and Light refreshments.

Bookings recommended – for more information or to book speak to a team member in-store or go to www.bunnings.com.au and locate your nearest store.

BUNNINGS warehouse

LOWEST PRICES ARE JUST THE BEGINNING...

Cancer Council NSW Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat. Here are our top tips:



Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.

Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- Salad.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- Banana.
- Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa.

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

Eat It To Beat It

Ever wanted to learn an instrument?



Woodriver Studios

\$20

Invitation Lesson*

Guitar - Drums - Bass Guitar

3/850 Hunter Street, Newcastle West

facebook.com/woodriverstudios @woodriverstudios

woodriverstudios.com.au

*Only available to first time customers. Lessons are 30 minutes. Normal lesson rates are \$33 per 30 Minutes.

School Banking 2018 is off to a super start.

CAN



This year's School Banking Super Savers adventure is well underway, giving children an engaging way to learn good saving habits that will last a lifetime. Check out the latest rewards below to encourage super saving behaviour from students in Term 2.

If you'd like to find out more about School Banking, or if you'd like to explore fun activity sheets for your child, visit commbank.com.au/schoolbanking

New Super Savers reward items.

To encourage regular saving behaviour, children can redeem a reward after they've made 10 School Banking deposits. There are two new reward items available in Term 2 (while stocks last):

- Sparkle Glitter Pens
- Glow Light



Good saving habits support your school.

Your school will receive \$5 for every 10 School Banking deposits made per student.

This Regular Savers Contribution can be used for new school resources like learning materials, such as books and sports equipment, or other school fundraising needs.

Activity.

Lucas received \$10 for his birthday. Help Lucas through the maze and count the \$1 coins to find out how much of his birthday money he spent and saved along the way.



Commonwealth Bank of Australia, ABN 48 123 123 124.

Happy Mother's Day



To see Bunnings' amazing range of pot plants go to www.bunnings.com.au/potplants

Name:

Age:

Telephone:

Local Store:

Bunnings Group Ltd is giving you the chance to win a prize in our colouring-in competition. There will be 3 prizes up for grabs and these will be determined by the store.

All you have to do is colour in the scene above & deliver it to your local warehouse by 6pm Monday 14th May 2018. The winners will be notified on Tuesday 15th May by phone.

- Competition is open to ages up to and including 12 years old
- 1 entry limit per person
- The judge's decision is final & no correspondence will be entered into
- Bunnings Group Ltd employees, suppliers & their families are ineligible to enter
- Personal information will only be used to contact the winners

 **BUNNINGS**

Book Club LOOP

LOOP is the Scholastic Book Club
Linked **O**nline **O**rdering & **P**ayment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **scholastic.com.au/LOOP**

or



Follow these **easy** steps!

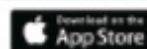
1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.

Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)



LOOKING FOR MORE PRODUCT INFORMATION?



Item No.

FIND

3 Click on **ORDER** and enter the item number from the Book Club catalogue.

4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

 **SCHOLASTIC**

