

SNIPPETS

Shoal Bay Public School

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Term 1 Week 3 | Tues 12 Feb 2019

From Kylie's Desk

2019 Term 1 Calendar

Wk 3 Feb

- 11 Swimming Carnival (yrs 2-6)
- 12 P&C Meeting @ Fingal Bay Sports Club 5.30pm
- 15 Debating day (8 students)
Zone Cricket trials

Wk 4 Feb

- Stewart House
- 19 Welcome BBQ, Parent Info
- 22 Zone Swimming Carnival

Wk 5 Feb-Mar

- Stewart House
- 28 Zone Basketball Trials

Dear parents, carers and friends of our school,

Meet our 2019 Student Parliamentarians and Premiers.

L to R:

Jasmine, Taylor, Talia, Chelsea, Lucas, Cooper, Kelly & Campbell.



P&C MEETING

Our first P&C Meeting for this year will be held on Tuesday 12th February at the Fingal Bay Sports Club. The meeting will start at 5:30pm. It would be wonderful to see lots of our parents/carers there.

PARENT/TEACHER and WELCOME BBQ EVENING

On Tuesday 19th February we will be holding our annual welcome BBQ for all of the families of Shoal Bay PS. Prior to the start of the BBQ each class teacher will hold a short information session for parents and carers in their classroom.

Kindergarten will begin their session at 5pm, Year 1 to 6 will be held at 5:15. The BBQ will begin from 5:30pm and this will be your opportunity to speak with your child's class teacher and ask any of those questions that you have. It is also a chance for you to set up an appointment with them if you have something you wish to discuss.

We would love to see everyone there.

MORNING ASSEMBLY

Each morning we have a short assembly to give out important messages to our students, to recognise achievements and to congratulate students on their success and participation in various events. It is always lovely to see parents who are able to be there share in this recognition of students. Also as part of the assembly we are teaching our students to show our values of respect and responsibility. We teach them to listen carefully and not to talk during this time. We would appreciate it if all parents could also remember to hold conversations with teachers, their children and each other until after the assembly.

PBL

Our 3 core values are **RESPECT, RESPONSIBILITY and EXCELLENCE.**

This week we are focussing on
Respect
Be cooperative

Payments Due	Cost	Due by
Resource Pack	\$70	ASAP
Swim Carnival (ys 2-6)	\$9 \$6	5 Feb Pool pass

Welcome to Courtney: Canteen Manager

Hello Shoal Bay School families.

Wow how quick did the Christmas holidays go, Week 3 already.

I am excited to be your new canteen manager. My name is Courtney Schmarr, Ms Schmarr as the kids will know me or even by the name Jaxon n Lokies Mum.

I have been apart of the Shoal Bay school community for the past 6 years along with my two boys.

Please stop at the Canteen with any questions and say hi.

I'm looking forward to meeting so many new students, families and the volunteers who helped out in the Shoaly Shack Canteen last year. Please don't hesitate to return this year or if you would like to start volunteering this year for an hour or two please come have a chat with me. With your help we will be able to provide more exciting and useful services to our school community.

I am so pleased, watch this space.

Regards Courtney



Drum lessons with Miss King and more around the school photos



Positive Behaviour for Learning (PBL)

At Shoal Bay Public School we demonstrate our PBL Values: RESPECT, RESPONSIBLTY and EXCELLENCE in all settings

Respect
Shoal Bay students respect themselves, others and the environment.

- Be caring
- Be cooperative
- Be polite

RESPECT
Respect involves everyone being polite and respectful to each other, their belongings and the environment.

Responsibility
Shoal Bay students are safe and responsible in all their actions.

- Be safe
- Make good choices
- Own your own actions

RESPONSIBLTY
Responsibility involves being a dependable and reliable person that is committed to keeping themselves safe, following through their obligations and taking responsibility for their actions.

Excellence
Shoal Bay students strive to do their personal best.

- Be prepared
- Be involved
- Be your best

EXCELLENCE
Excellence involves everyone being active learners who are prepared for learning and strive to achieve their personal best.



The simplest way

... To make Japanese vegie pancakes

Makes: 12 | Prep time: 15 min | Cook time: 10 min

Ingredients

- ½ small cabbage, very thinly sliced
- 4 medium carrots, grated
- 2 cups baby spinach, thinly sliced
- 4 spring onions, thinly sliced
- ½ cup wholemeal plain flour
- 6 large eggs, lightly beaten
- Pinch of salt
- Olive oil spray



Method

Place the vegies in a bowl and mix together. Toss with the flour, coating all the vegies. Stir in the eggs and pinch of salt. Lightly spray a large non-stick fry pan with olive oil spray and heat over med-high heat. You may need to re-spray between batches. Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approx 3 minutes, and then turn to cook the other side. For a video on how to make this recipe, visit our [website](http://healthylunchbox.com.au).

healthylunchbox.com.au



The simplest way

... to ensure your child gets the nutrients they need at school

Simply pack something from each of the 5 food groups plus water. Try this great example lunch box:



Wholegrain Breads & Cereals: Bread Sushi

Vegetables and salads: Corn cob

Meat & Alternatives: Baked bean muffin

Dairy: Yoghurt tub

Fruit: Strawberries

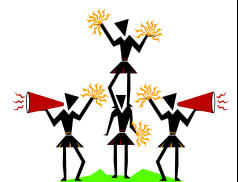
Water: Always pack a bottle of water

For these recipes and more examples of healthy lunch boxes visit our [website](http://healthylunchbox.com.au).

healthylunchbox.com.au

House Captains

	<u>CAPTAINS</u>	<u>VICE CAPTAINS</u>
Bagnall	Koa F	Rahn H
	Lillian E	Ellie B
Zenith	Jack S Ali M	Kava F Sienna W
Halifax	Jack S	Preston S
	Ashlyn G	Jessie H
Fingal	Riley P	Callum D
	Jayla G	Ava M



Our thanks go to the staff of Tomaree Aquatic Centre for their assistance. Thank you also to our wonderful band of parent helpers for their support.

Good for Kids good for life



ACTIVE KIDS VOUCHER

The NSW Government is helping kids get active with the new Active Kids program.

Parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, find a registered activity provider and present your voucher when you sign up.

The program runs year round, so kids can get active at any time!
Visit www.service.nsw.gov.au/active-kids to apply



**Service
NSW**

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Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>