

SNIPPETS

Shoal Bay Public School

P 4981 1007 | F 4984 1637 | E shoalbay-p.school@det.nsw.edu.au
61 Rigney Street Shoal Bay NSW 2315 | PO Box 498 Shoal Bay NSW 2315 | www.shoalbay-p.schools.nsw.edu.au



From Troy's Desk

Term 1 Week 2 | Mon 3 Feb 2020

Term 1 Calendar 2020

W2 Feb

5 Vision Screening Kinder

W3 Feb

10 Swimming Carnival 2-6

11 P&C Meeting @5.30pm

12 Debating South Lambton PS

13 Kinder First Photos

Dear parents, carers and friends of our school,

Last week it was nice to see all of the students reconnecting with their classmates from 2019 and also welcoming and supporting our new students. All the students have been placed in their new classes as of this morning. Thank you for your patience over the last three days.

I have had the opportunity to visit all of the classes and the children are working diligently displaying respect, responsibility and excellence.

CLASSES

This year our classes are:

KB:	Mrs Beck	KP:	Ms Powell	1K:	Miss King
K/1H:	Miss Hamilton	1/2D:	Miss Day	2P:	Mrs Parker
2B:	Mrs Bzadough	3/4B:	Mr Beck	3/4D:	Ms Dahle
3/4S:	Miss Critcher	3/4S:	Ms Samuel	4/5P:	Miss Parker
5/6C:	Mr Jason Crowley	5/6P:	Mrs Perry	5/6H:	Mr Hamshaw

PBL

Our 3 core values are
RESPECT,
RESPONSIBILITY and
EXCELLENCE.

This week we are focussing on
Reviewing our PBL concepts



DRUM CORP PROMO SHOW - Wednesday 5 February

The team from DRUM CORP will be running their high-energy creative arts program at Shoal Bay Public School this year, merging rhythm, sport and creativity. They will perform their introductory promo show this Wednesday morning at morning assembly, 9.10am in front of the whole school. All parents and caregivers welcome. They will hand out their 2020 program information and sign up forms. Visit www.thedrumcorp.com to find out more, or find them on Facebook: www.facebook.com/thedrumcorp.

P&C MEETING

We welcome all new parents to come along to our first meeting for the year on Tuesday, next week at 5.30pm. Come along and hear what happens. Thanks.

Payments Due	Cost	Due by
Resource Pack	\$70	ASAP
Swimming Carnival Yrs 2-6	\$9	4 Feb
Pool & bus		
Bus only	\$6	

SWIM CARNIVAL

Once again we have the swimming carnival on. This is an event for the whole of years 2 (turning 8 this year) to year 6, even if they can't or don't want to swim. There are fun activities for the kids to do if they don't want to race and its an opportunity to earn house points. We would love some parent volunteers on the day. Please pay by tomorrow. Thanks for your cooperation.

Garden Club Kids

Canteen

Welcome to another great year and a big welcome to our new Families and Kindergarten's of 2020.

Please see attached our new menu, however, this won't commence until Week 3.

The canteen will be closed on Monday, 10 Feb due to the school swimming carnival.

Hats are available from the canteen for purchase, along with library bags.

Please don't forget Flexischools, this is our canteen Online ordering system. Feel free to come put your name down to help volunteer.

Regards

Courtney

Canteen Manager, Courtney Schmarr



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 & 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.



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



Nutrition Snippet

The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



Young kids can:

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

Older kids can:

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

healthylunchbox.com.au

Positive Behaviour for Learning (PBL)

At Shoal Bay Public School we demonstrate our PBL Values: RESPECT, RESPONSIBILITY 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



RESPONSIBILITY

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.



Shoaly Shack Canteen



Breakfast

Vegemite Toast	50c
Cinnamon Toast	50c
Fruit	\$1.00
Banana Bread (Home made)	\$1.50
Milo – Hot/cold	\$1.00
Milky straws	\$1.00

Hot food

Large pies	\$4.00
Sausage rolls	\$3.50
Nuggets x 6	\$3.50
Small Pies (2)	\$3.50
Taco bowl (Lettuce cheese, salsa, carrot, corn, mex mince)	\$5.50
Mexican potato skins (Potato skins, mex mince and cheese)	\$4.50
Vegetarian potato skins (Potato skins, corn and cheese)	\$3.50
Pizza wrap (BBQ Chicken, Cheese, Meat and Cheese)	\$4.50
Corn on the cob	\$1.00
Baked beans (1 Slice of Wholemeal toast)	\$2.50
Macaroni and cheese (Home made)	\$3.50
Beef burger (Lettuce tom beetroot cheese, bbq sauce)	\$5.50
Cheese burger (Home made patty, cheese, tom sauce)	\$4.50
Chicken burger (Lettuce, cheese, mayo)	\$5.50
Chicken tender wrap (Lettuce, cheese mayo or sweet chilli)	\$5.50
Spaghetti bowl (Home made)	\$4.00
Fettuccine meatballs (Home made)	\$4.00
	add Cheese 50c
Plain pasta	\$2.50
Steamed rice	\$2.50
Steamed rice and tuna	\$3.50
Fried rice *(Contains EGG)	\$4.00
Garlic bread (Home made, Wholemeal roll)	\$2.00
	add Cheese 50c
Sushi – (Chicken, lettuce, mayo) / (Tuna Cucumber)	\$4.00



Freezet

Milky cups Choc/Straw	50c
Quech log ice blocks	50c
Lite Bulla vanilla ice cream	\$1.50
	add Milo 20c
Frozen pops TNT/Ice Mony's	\$1.00
Juicy tubes	\$1.50
Yoghurt pops	50c

Drinks

Water	\$1.50
Fruit poppers	\$1.50
Apple/Orange/Apple black currant	
Milk Choc / Straw	\$2.50
Plain Milk	\$1.50
99% Fruit juice slushie	sm \$2.00
	lg \$2.50
Juice Bombs	\$2.50



SBPSCANTEEN@HOTMAIL.COM



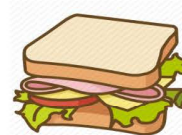
healthy food at school

Lunch / Recess snacks

Crackers	20c, 50c, \$1.00
Pop corn	50c
Orange wedge (Frozen)	20c
Pikelets (2)	50c
Lite Jelly cups	50c
Fruit	\$1.00
Apple slinky	\$1.00
Banana bread (Home made)	\$1.50
Cheese and Vegemite scrolls (Home made)	\$1.50
Red rock chips (Sea salt)	\$1.50
Noodle Snacks (BBQ or Chicken)	\$1.00
Carrot Sticks/ Celery sticks with Hummus	\$2.00
Grain Waves	\$1.50
Corn chips and Salsa	\$1.50

Salads & Sandwiches

Garden salad	Small \$3.50 / Lg \$5.00
	add ham \$1.00
	add chicken \$2.00
Salad sandwich	\$3.00
Ham salad	\$4.00
Tuna salad	\$4.00
Chicken salad	\$5.00
Cheese salad	\$3.50
Chicken	\$3.50
Egg and Lettuce	\$3.00
Vegemite	\$2.00
Cheese	\$2.50
Ham	\$3.00
Ham cheese	\$3.50
Ham cheese tomato	\$3.80
Ham tomato	\$3.30
Cheese tomato	\$2.80
Fruit salad (Seasonal Fruit)	\$3.00



All orders to be in before 9.10am Paper bags 10c each. Volunteers always welcome. Shoal bay public school P & C run canteen. All sauce 30c

Week 3 Canteen Menu