

# SNIPPETS

Shoal Bay Public School

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From Troy's Desk ....

Term 1 Week 3 | Mon 10 Feb 2020

## Term 1 Calendar 2020

### W3 Feb

- 10 Swimming Carnival 2-6
- 11 P&C Meeting @5.30pm
- 12 Debating South Lambton PS
- 13 Kinder First Photos
- 14 Bookclub Issue 1 closes

### W4 Feb

- 21 Zone swimming carnival
- Swimming Ribbons
- Assembly @ 2.30pm

### PBL

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

This week we are focussing on  
**Entering & exiting**  
**the classroom**



## Dear parents, carers and friends of our school,

It has been lovely to see how all our students have welcomed the new children into our school. This is displaying our three values of Respect, Responsibility and Excellence. All the students have had a week in their new classes and have had the opportunity to learn the new routines and meet their class mates. Starting a new year in a different class can be daunting and challenging for some children as they make new friends and learn how the new class will work together. With time, a positive outlook from parents and the teacher getting to know your child I am sure they will settle in well. The teachers have been working hard to ensure everyone is settling well and they have certainly enjoyed getting to know the class.

### PARENT INFORMATION SESSION AND WELCOME BBQ

This year we will be holding our annual welcome BBQ for all families of Shoal Bay PS on Tuesday, 18 February. Could I please ask if you are attending the BBQ to return the note by Friday, 14 February for catering purposes. The teachers will present a short information session followed by a welcome BBQ for all of our families.

Information sessions:

- Kindy 4:30-4:45pm
- Stage 1 4:45-5:00pm
- Stage 2 5:00-5:15pm
- Stage 3 5:15-5:30pm

The welcome BBQ will be an opportunity for you to talk with your child's class teacher and will conclude at 6pm.

### P&C MEETING

The first P&C Meeting for this year will be held tomorrow Tuesday, 11 February at the library. The meeting will start at 5.30pm. It would be wonderful to see lots of our parents/carers there.

### Staff Carpark

Just a reminder that the carpark is for staff and contractors only. I have noticed parents walking through this area to pick up and drop off their children. This is for safety as it is a high traffic area and the last thing I would want to see is someone get injured or hurt. So, could I ask the parents and community please to use the appropriate entry and exits.

### Writing Task

Last week the Stage 1 staff members set up a campground allowing all K-6 students to write about a common writing stimulus. Staff will use this writing sample to help guide and direct their teaching. This is a fantastic opportunity for staff to create learning intentions and success criteria to help differentiate the teaching within their classroom. The students loved the experiences and I look forward to reading their responses. Thank you Stage 1 for this setting this up.

### Kindergarten News

Tomorrow, Tuesday, 11 February, Kindergarten begin meeting their teacher outside the library from 8.55am where they will line up and proceed to the morning assembly. Kindergarten students will still be picked up from the Kinder rooms at 3pm.

On Thursday, 13 February, Kindergarten will have their first photo taken. Please wear full school sports uniform as it is sport day.

Payments Due	Cost	Due by
Resource Pack	\$70	ASAP



4 February 2020

### Welcome BBQ

Dear Parents/Caregivers,

Our information evening and welcome BBQ will be held on Tuesday, 18 February. To assist with catering, could you please indicate if you are intending to come along to the BBQ and information session. Please return the slip below by Friday, 14 February.

Thank you

Troy Lockey

Relieving Principal

BBQ: 5-6pm  
Information Sessions:  
Kindergarten: 4.30 - 4.45pm  
Stage 1: 4.45 - 5.00pm  
Stage 2: 5.00 - 5.15pm  
Stage 3: 5.15 - 5.30pm

I will be attending the parent information session and welcome BBQ on Tuesday, 18 February.

Name/s: \_\_\_\_\_

Child/ren's class: \_\_\_\_\_

**Cancer Council**  
Healthy Lunch Box

Nutrition Snippet

## The simplest way

... to reduce your shopping bill.

Healthy eating doesn't have to be expensive. Here are our top tips to cut the cost of your shopping bill.

1. **Write a shopping list** - Buy only what you really NEED, not WANT.
2. **Look beyond eye level on the shelves** - companies pay valuable money to stock their goods at your eye-height, try looking up or down for cheaper options.
3. **Meat is more expensive per kilogram than vegetables or fruit** - try changing your recipes to use less meat and more veg.
4. **Avoid buying pre-made meals** - cooking meals from scratch is usually cheaper than buying ready meals. Cook in bulk and freeze portions for quick easy meals in the future.
5. **Buy fruit and veg that's in season**

[healthy lunchbox.com.au](http://healthy lunchbox.com.au)

## Good for Kids good for life

### NATIONAL RIDE2SCHOOL DAY

Walk, bike ride, skate or scooter to school on March 13<sup>th</sup>, to celebrate active travel.

**Freaky Friday 13 March 2020**  
**NATIONAL RIDE2SCHOOL DAY**

Children under 16 years of age (and adults supervising them) are allowed to ride on a footpath in NSW.

Encourage your kids to follow these tips for safer riding:

- Always wear an approved bicycle helmet, properly fitted and fastened.
- Always obey road rules, including traffic lights, stop signs and give way signs.
- Turn your head when passing driveways
- Keep left when riding on the footpath and give way to pedestrians
- Travel at a speed that is safe for you and others
- Wear bright clothing to make yourself visible

Sources: The Bicycle Network & Transport for Road Safety NSW

NSW 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/>

## 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.





# Shoal Bay 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
Quelch 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

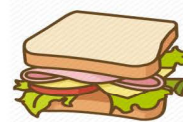
Water	\$1.50
Fruit poppers	\$1.50
Apple/Orange/Apple black currant	
Milk Choc / Straw	\$2.50
Plain Milk	\$1.50
99% Fruit juice slushie	sm \$2.00
	lg \$2.50
Juice Bombs	\$2.50

## 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



SBPSCANTEEN@HOTMAIL.COM



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

## ART within after school Art & Craft Classes

Monday  
Tuesday

3.30 to 5pm

fee \$ 20

Basic materials and  
afternoon tea included.  
Walking distance from school

My classes encourage  
children to develop  
their artistic senses  
in an safe and enjoyable  
atmosphere.

Under my guidance,  
they will learn drawing  
and painting techniques  
while having fun.

A large variety of craft  
making is also available.

0400 4965 76

**Sue Bray**

Bachelor of Fine Art - Diploma of Education - Primary/High School Teacher

Nelson Bay 49 81 13 71

**O'GRADY  
DRAMA**

## SALAMANDER BAY

**NOW TAKING ENROLMENTS FOR 2020**

**AFTER SCHOOL DRAMA CLASSES MONDAYS**

@ Tomaree Education Centre SALAMANDER BAY

**PRIMARY 7-11yrs 4-5pm**

**YOUTH 12-17yrs 5-6pm**

**Students study improvisation, scriptwork and performance;  
helping them gain greater self-confidence and  
building on their communication skills.**

**NB. O'Grady Drama is registered as a 'Creative Kids' provider.  
You can use your annual \$100 Creative Kids voucher in 2020.**

**Contact Principal: Shane Skerly  
T: 02 4969 2338 / 0490 126 430  
E: dramacorp@bigpond.com  
FB: o'grady drama - newcastle**