

# SNIPPETS

Shoal Bay Public School

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From Troy's Desk ....

Term 1 Week 5 | Mon 24 Feb 2020

## Term 1 Calendar 2020

### W5 Feb-Mar

- 26 8.40am 2nd-hand Uniform shop open
- 28 Plastic Free Friday  
Clean up Australia Day  
1/2D Assembly @ 2.30pm

### W6 Mar

- 3 Hunter Swimming
- 6 3/4B Assembly @2.30pm



## PBL

Our 3 core values are

**RESPECT,  
RESPONSIBILITY and  
EXCELLENCE.**

This week we are focussing on  
**Classroom -**

**Whole class instruction**

**Responsibility: be in the right  
place at the right time and be-  
ing on task**

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

Thank you to the parents and carers who attended the BBQ Meet and Greet. The staff enjoyed to touch base with everyone in their classroom and over a bite to eat. A big thank you to the P and C who helped with the cooking of the BBQ. Also, thanks to the wonderful staff who helped with the setting up, cooking and packing up. Our Year 6 helpers who sold the beverages did a fantastic job raising money. A special thank you to Aldi Salamander Bay who donated all the food for this event.

## School Leadership Morning Tea

I had the opportunity today to attend the leadership morning tea with the Year 6 Parliamentarians, which was held at Hunter River High School. The Year 6 leaders did our school proud by being fantastic leaders representing Shoal Bay Public School and I could not have been prouder of them. They had the opportunity to listen to guest speakers Kate Washington and Dr Kelvin Kong. Dr Kelvin Kong who once attended Shoal Bay Public School spoke to all the leaders about how there are many different ways to lead. A special mention to Marietta W for transporting the students to and from the venue.



## Class Representatives

Congratulations to all the class representatives for Semester 1 2020. I am sure they will do a fantastic job taking on leadership roles within their class and the school.

- |                           |                          |
|---------------------------|--------------------------|
| 1/2D- Stevie-Lee B, Leo D | 2P- Macenzey C, Isaac L  |
| 2B- Ivy B, Jasper N       | 3/4B- Sienna H, Cooper P |
| 3/4C- Libery P, Oscar P   | 3/4D- Sophie W, Noah M   |
| 3/4S-Piper D, Sam M       | 4/5P- Ashley M, Blake W  |
| 5/6H- Georgia B, Tyler H  | 5/6P- Grace H, Linc W    |
| 5/6C- Willow D, Bailey I  |                          |



## Road Changes

Tomaree Rd will be asphalted on Thursday-Friday weather permitting. Fingal St will be closed and the Kiss and Go drop zone will be for buses only. There will be cones out for the buses to pull into. No parent traffic allowed.

## Swimming Carnival

Congratulations to everyone who participated in our school swimming carnival. It was so lovely to see everyone having a go, cheering on their peers and reaching personal milestones. We very much appreciate the support from parents and caregivers who came along to assist us with the day as well. The following students received special recognition at Friday's assembly:

- |  |                                      |
|--|--------------------------------------|
| Jesse O and Zoe S – Junior Girls Champion  | Josh P – Junior Boys Champion        |
| Sophie V – 11 year old Girls Champion  | Thomas O – 11 year old Boys Champion |
| Lola D – Senior Girls Champion   | Anakin R – Senior Boys Champion      |
| Georgia B and Sophie W – Encouragement Award Mia B and Mitch W – Leadership Award  |                                      |
| SBPS was represented by a group of 23 students at Zone Swimming – our biggest representation to date! Each of the students displayed RESPECT, RESPONSIBILITY and EXCELLENCE throughout the day and were outstanding role models. A huge congratulations to Anakin R, Arran M, Rory T, Thomas O and Jesse O who have qualified to represent our Zone and Regional Swimming next week. |                                      |

**URGENT:** We only have a small percentage who have paid the resource packs. Can we get some payments coming in soon. Our school relies on these payments.

Payments Due	Cost	Due by
<b>Resource Pack</b>	<b>\$70</b>	<b>ASAP</b>
Life Education	<b>\$10</b>	<b>13 Mar</b>
Athletics K-6	<b>\$4.50</b>	
Ath/X Country 2-6 (8 years up)	<b>\$4.50</b>	





Hello my name is Bailey and I'm a 2020 parliamentarian. Outside of school I like to play with my friends and go to the pool. Our favourite games to play are Marco polo, hide and seek and bull rush. My extra activities are league bowling every Wednesday afternoon. I love my position as Parliamentarian and I would like to thank my parents for helping me achieve it and my friends for cheering me on.

**nab AFL Auskick**

**Fingal Bay Beach Auskick Program**  
Fingal Beach Surf Life Saving Club – Marina Drive Fingal Bay

DAYS: Fridays  
DATES: February 28<sup>th</sup> to March 27<sup>th</sup> inclusive  
TIME: 5.00pm – 6.00pm  
COST: \$51.00

Five weeks of NAB AFL Beach Auskick activities (for boys & girls K-Y6)

PLUS an AFL Pack including a cooler bag, football, pump, a 'Foam Alive' toy & much more

To register and pay online go to [www.playaflauskick.com](http://www.playaflauskick.com) and enter postcode 2315

Then click on Fingal Beach AFL Auskick Centre & follow the prompts

For more information email [craig.golledge@afl.com.au](mailto:craig.golledge@afl.com.au)

**Do you want to play a sport the whole family can enjoy?**

**Why not try hockey?**  
Fitness and fun for boys, girls, men & women.  
Non contact, from 5yrs onwards, social comps for all ages.  
All games played at our home ground in Salamander Bay on Saturday mornings. (No travelling)

**REGISTRATION DAY**  
**Saturday 29th February 2020**  
**9.00am to 12 noon at the clubhouse**

**Nelson Bay Hockey Club**  
Home Ground - Salamander Bay (near the Recycle Centre)

For more info call (02) 4919 1692 or visit [www.nelsonbayhockey.org.au](http://www.nelsonbayhockey.org.au)

**goal soccer academy**

**Children's Soccer!**

Nelson Bay	Medowie
• Mon @ 9.00am: 2-3 yo	• Thu @ 3.45pm: 3-5 yo
• Mon @ 9.45am: 3-5 yo	• Thu @ 4.30pm: 6-8 yo
• Wed @ 3.45pm: 3-5 yo	• Thu @ 5.15pm: 8-10 yo
• Wed @ 4.30pm: 6-8 yo	• Fri @ 9.00am: 2-3 yo
• Wed @ 5.15pm: 8-10 yo	• Fri @ 9.45am: 3-5 yo

**Shoal Bay**  
• Sat @ 9.00am: 3-5 yo  
• Sat @ 9.45am: 6-8 yo

**FREE trials!** No registration fees Join any time!

**ACTIVE KIDS**

**book online now!**  
[www.goalsocceracademy.com](http://www.goalsocceracademy.com)  
[info-ps@goalsocceracademy.com](mailto:info-ps@goalsocceracademy.com)

**Practice saving with School Banking and be rewarded.**

School Banking day: Friday

Make 10 School Banking deposits to redeem one of these exciting Treetop Savers rewards.

**TREETOP SAVERS**

Available Term 1  
Available Term 2  
Available Term 3  
Available Term 4

### School Banking is back ...

The banking will now be done on a Friday. Your kids will get it back that day or on the following Monday, if they are away.



**PLASTIC FREE FRIDAY**  
**28 FEB**

Lets see how we can reduce the waste we produce

Try using re useable containers for your lunch & snacks

**A SBPS ECO WARRIOR PROJECT**

### Canteen News

Canteen will only be open for lunch this week NO RECESS

(Any recess orders from Flexischools will be handed out with lunch orders)

Pancake Day Tuesday 25 February.

Orders close 12 noon Monday 24 February No LATE orders.

Volunteers needed for the Cross Country and Athletics Carnival. See next page for volunteer note to send back.

### 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.

## Clean Up Australia Day

Children from K – 6 will be participating in a school clean up this Friday for Clean up Australia Day. They may bring in gloves if they wish.



## Nude Food Friday

To complement Clean Up Australia Day, the Eco Warriors are promoting **NUDE FOOD DAY** on Friday. This initiative hopes to:



- **HELP** save the planet one lunch at a time!
- **EDUCATE** the next generation on healthy eating and environmental sustainability
- **ENGAGE** kids in practical activities that they will be passionate about and empower them to make a difference!
- **PROMOTE** tips that help families save money and become healthier

This is an optional activity. However, we would love to see as many children as possible bringing in a Nude food lunchbox. For example: instead of wrapping your sandwich in one-use cling wrap, you can transport it in a reusable plastic container. It could also mean snacks that are packed in re-usable containers and not in non-recyclable packaging. It is hoped that Nude Food Days will become a regular event at Shoal Bay School and as a result, reduce the amount of rubbish collected in our school, while at the same time promoting healthy lunch boxes.

<https://www.nudefoodday.com.au/resources/>



Information for PARENTS




Keep Australia Beautiful

## WHAT IS NUDE FOOD?

**NUDE FOOD** is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...




I'M A NUDE FOOD WARRIOR

✓ **TO PACK A NUDE FOOD LUNCH OR SNACK, YOU WILL NEED:-**

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

✗ **TRY TO AVOID:-**

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

**TIPS FOR PACKING NUDE FOOD LUNCHES:-**

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
- Go to [www.nudefoodday.com.au/resources/](http://www.nudefoodday.com.au/resources/) for Nude Food recipe ideas.

## Cross Country Volunteers Note Thursday 19<sup>th</sup> March 2020 Tomaree Oval No1 from 9.30am - 2pm

Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

☐ Canteen ☐ Cake stall ☐ BBQ ☐ Cake Donation ☐ Set-up ☐ Pack-up

Available time: \_\_\_\_\_ to \_\_\_\_\_



## Athletics Carnival Volunteers Note Tuesday 24<sup>th</sup> March 2020 Tomaree Oval No1 From 9.30am - 2pm

Name: \_\_\_\_\_ Mobile: \_\_\_\_\_

☐ Canteen ☐ Cake stall ☐ BBQ ☐ Cake Donation ☐ Set-up ☐ Pack-up

Available time: \_\_\_\_\_ to \_\_\_\_\_

Please hand in to the canteen ASAP