MONDAY

LAST PRESENTATION

SWIMMING

FINAL

KINDIE – 29

TION

WED

THURSDAY

Everyone

5pm
to

11

12

5

15

11

15

Harwood

Island

Public

School

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NEWSLETTER NO. 34  27TH OCTOBER 2015

DAYS TO REMEMBER

• GRANDPARENTS DAY
  WED 28-10-15
• KINDIE ORIENTATION THURSDAY
  29-10-15
• FINAL EXCURSION PAYMENT DUE
  FRIDAY 30-10-15
• KINDIE ORIENTATION 5-11-15
• KINDIE ORIENTATION 12-11-15
• SYDNEY EXCURSION MONDAY 16-11-15
• JUNIOR EXCURSION TO THE BIG BANANA
  COFFS HARBOR THURSDAY 19-11-15
• SWIMMING STARTS
  30-11-15
• YEAR 6 FAREWELL
  8-12-15
• PRESENTATION NIGHT
  10-12-15
• LAST DAY OF TERM 4
  16-12-15

GRANDPARENTS DAY

On Wednesday 28th October we will be celebrating Grandparents Day. All Grandparents and parents are invited to come along and spend the morning with their grandchildren.

The morning activities will kick off at 10:10am when teachers will open their classrooms for all Grandparents to experience learning in 2015. The children will be able to show off their technology skills. This will be followed by a dancing exhibition and everyone will be invited to join in.

The morning will finish with a combined morning tea at 11:10 in the lunch area.

It would be great if every family could bring along a plate of food to share for the morning tea. The school will provide tea and coffee.

We hope to see as many grandparents and parents as possible on the day.

PARENT SURVEY

Last week a parent survey of School Management was sent home. It is a Departmental requirement for all schools to survey parents to gauge satisfaction and to guide future directions. It would be most appreciated if you could complete the survey and return it to school.

EXCURSION PAYMENTS

Just a reminder that the Year 4/5/6 Sydney Excursion payments are due on or before Friday 30th October. If you are unable to meet this deadline please see Mrs Eather or Mrs Groth.

JUNIOR EXCURSION

On Thursday 19th of November Kinder to year 3 will be travelling to the Big Banana in Coffs Harbour to enjoy some of the great activities on offer. The cost is $30 per student. Lunch is included and a lunch order form will be sent home today. Please complete the order with your preference and return it to school as soon as possible.

STUDENTS OF THE WEEK

Congratulations to the following students who received certificates at our assembly. Ava Collingburn—Trying hard in reading; Bailey Anderson—Improved reading skills; William Farlow—Excellent Artwork; Arlo Mastin—Best and fairest for sport; Kyscha Wyse-Tapp—Best and fairest for sport; Jaala Bendeich-Hall—Excellent reading; Mali Matthews—Excellent reading; April Shannon—Group leadership skills in sport.

Well done!

UNIFORM SALE

Due to our Schools P & C deciding on a new uniform our remaining stock of Blue Shirts and Sport Shirts are now HALF PRICE. Blue Shirts are now $6.50 and Sport Shirts are now $10.50. There are only limited numbers left in each size so, first in best dressed! This style can be worn in 2016 as we will gradually introduce to new shirts.

BOOK PACKS

Invoices have been sent home to families who still have to pay for book packs. It would be appreciated if these accounts could be settled as soon as possible.

YEARLY TESTING

All students will be involved in assessment tasks over the next two weeks. It is very important that all children attend school so that they do not miss their test. If your child is going to be away, PLEASE CONTACT YOUR CLASS TEACHER so that they can reschedule the testing. Please try to schedule all appointments for after school.

HELP NEEDED WEDNESDAY MORNINGS

If any parents can help out with listening to reading in the K/1 room it would be very much appreciated.

Harwood Island P&C

Next Meeting

23rd November
5pm in the staffroom
Everyone welcome!

We are now on Facebook so please go on Facebook and like us to keep right up to date.

Our website gets updated weekly. School newsletters can be viewed online in colour. Find us on Facebook!
Rethink sweet drinks

Many children are so used to sugary drinks; it will take time to break the bad habit, as taste buds need to be re-trained away from the sweetness overload these drinks provide. Here are some things you and your child can do to help break the sugary drink bad habit:

Decrease the frequency. If your child is having juice three times per day, start by cutting out one serving per day.

Only carry water. When out and about, carry water to quench your thirst.

Water down juices. Yes, even drinks that are 100 percent juice are still loaded with sugar. Each day add more and more water to each sweetened drink until reaching a point of almost nothing there.

Stop buying sweetened drinks.

Make water easily accessible. Place a water pitcher in the refrigerator or on the counter, or put it in colourful, eye-catching water bottle or cup.

Infused water. Mix in fruit (frozen or fresh), vegetables or herbs such as mint or thyme. Let it sit overnight, and in the morning you’ll have a delicious batch of infused water.

Unsweetened milk. Cow’s milk, almond milk, soy milk or rice milk are all fabulous choices. Three servings per day help provide adequate calcium and vitamin D.

Next time your kids are reaching for a drink, help them refrain from sipping something sweet. Their health may depend on it.
Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

COMMUNITY NEWS

TERM 4 BEGINNERS YOGA WITH KIRRA @Velocity Physio Ashby

WEDNESDAYS: 7th OCT – 25th NOV 5.00pm – 6.00pm
FRIDAYS: 9th OCT – 27th NOV 10.00-11.00am
Bookings Essential 6645 1174
Velocity Physio

Free Healthy Lifestyle Program for Kids - Go4Fun

Do you have children 6 to 13 years?
Are you worried about their weight?
The Go4Fun program includes:
- Weekly group sessions
- Healthy meals and snacks
- Tips to improve family nutrition
- Recipes to help your family enjoy healthy meals

To book or find out more, call: 02 6620 7502.

Woodford Island Warriors Cricket Club are looking for players

Under 12 - U16 boys and girls up to join their club. For details and sign up dates contact Brooke 0400 481 942 or Jayne 6645 4424