

Chertsey Primary School

Growing and learning for academic success



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Term 4 Week 2 Newsletter

Tuesday 18/10/2016



Toni Skinner
Principal

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Access our Newsletter at any
time, on our website:
[www.chertsey-
p.schools.nsw.edu.au](http://www.chertsey-p.schools.nsw.edu.au)
Or via the School Stream App.



From the Principal's desk



Welcome back to Term 4. This is always a very busy term but an exciting one to say the least. Our year 6 students and teachers are busy planning for the annual Year 6 mini fair and I know that all of our students are excited to participate in this event on Tuesday November 15. A separate note will come home shortly with details of stalls available, BBQ costs and times. Money raised will go toward the Year 6 farewell and a gift to the school.

Our team of parents are busy organising the year 6 farewell and any year 6 parents available to help out before or on the night please contact your child's teacher. Notes will be sent home in regard to details as we get closer to the date.

The children involved in the coding classes this term are enjoying their lessons. As the program commenced later than expected the children are having 2 lessons each week in order to finish the program.

Our dance group, choir and drumming group will be performing at the Erina Learning Creative and Performing Arts Festival on Monday November 7 and Tuesday November 8. Tickets have gone on sale and we are looking forward to seeing our Chertsey students perform at Erina High on these nights.

On Friday November 4 our school P&C will be holding a fund raising event. ObstAcool is a fun obstacle course and children have been asked to obtain sponsors from family, friends and neighbours. Children will receive another note and sponsor form this week.



There are lots of prizes for the children who raise the most money in the school and the highest in each class. The winning class will also have a special lunch supplied for each class member. Good luck to everyone! If you have any questions or concerns please talk to us about this and we will be able to answer any of your questions.

Applications are now open for year 5 students seeking entry to selective high schools in 2018. If you would like your child to sit this test in March next year applications must be made now online. Application websites close on November 14, if you require more information please see your child's class teacher.

Our Headstart program is going strong and we are enjoying having our newest students visit us each Thursday. If you know of anyone who is of school age and not yet enrolled it is not too late. Please let them know they can pick up an application at the front office.

We will be having our parent helper thank you morning tea on Wednesday December 7. Our whole school presentation day will be Thursday December 8, notes will be sent home with times etc. Please keep these dates free as we look forward to thanking our wonderful parents and recognising our students achievements

Toni Skinner

Principal

Nutrition Snippet

The simplest way

...to eat your teeth clean.

Poor snack choices affect your child's weight, teeth and overall health. Try this activity to see what different foods do to teeth.

Eat the following foods, in order, in front of a mirror to see:


- Oreo biscuit** – a "sticky sweet" food that will fall in to all the grooves of the teeth;
- Carrot** – a firm textured, unprocessed food that increases saliva flow and will remove the Oreo particles;
- Cheese cube** – a powerful protector of teeth that neutralises mouth acid and remineralises the enamel coating of your teeth.

So stick with "firm favourites" (e.g. fruit and veg) and "powerful protectors" (e.g. cheese, milk, water) and avoid "sticky sweet" foods (e.g. biscuits, cakes, muesli bars, lollies). "Sweet acidic" juice, cordial, sport and soft drinks can attack teeth too.

Courtesy of: Hunter New England Health, Oral Health Promotion Unit, "Healthy Tums Healthy Gums" program.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

...to love lentils.

Lentils are a versatile addition to all sorts of meals, from salads to curries, stews, soups, veggie burgers and much more.

Better still, like all legumes, lentils count as a vegetable!

Add some lovely legumes to your next meal to help you on your way to eating five serves of veg every day.


Prepare your own dry lentils or use canned varieties.

Why not try this lunch box-friendly lentil salad?

Prepare lentils according to packet directions or rinse canned lentils. Mix with rocket and feta and dress with a dash of balsamic vinegar. Or try with cherry tomatoes, sliced spinach and chopped spring onions.

For more recipe ideas go to: eatittobeatit.com.au.

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Term 4 Calendar

Week	MON	TUES	WED	THURS	FRI
1	10/10	11/10	12/10	13/10	14/10
2	17/10 Stage 2 Author Visit	18/10	19/10	20/10	21/10
3	24/10 Red Cross Cake Fundraiser	25/10 Red Cross Cake Fundraiser	26/10	27/10	28/10 Stage 2&3 Ballgames Carnival \$15
4	31/10	1/11	2/11 EHS Yr 6 Little Day Out	3/11 Stage 2 OZTAG	4/11 OBSTACOLE-athon SCHOOL FUNDRAISER
5	7/11 ELC Festival- Choir, Dance Group, Drummers	8/11 ELC Festival- Choir, Dance Group, Drummers	9/11	10/11	11/11
6	14/11	15/11 YEAR 6 MINI FAIR	16/11	17/11 Stage 3 OZTAG	18/11
7	21/11	22/11	23/11	24/11 Head Start Finishes	25/11
SWIMMING SCHOOL →					
8	28/11	29/11	30/11 EHS Yr 5 FUN DAY	1/12	2/12 Stage 3 SURF FUN DAY
SWIMMING SCHOOL →					
9	5/12	6/12 High School Orientation Day- Year 6	7/12 Parent Helper Morning Tea Combined Scripture Service	8/12 Presentation Day K-6	9/12
10	12/12 Year 6 Farewell (night time)	13/12	14/12	15/12	16/12 Year 6 Farewell Assembly

Cystic Fibrosis Foundation Fundraiser

Congratulations to staff and students for an outstanding fundraising effort.

Together we raised \$605.10 for the Cystic Fibrosis Foundation.

One step closer to finding a cure!

Mrs Webb





Breakfast Club News

The Australian Red Cross has continued to support Chertsey's Breakfast Club for over 9 years.

Now it is our turn to give something back!!

Next Monday 24 and Tuesday 25 October, we will be holding a 'Decorate your Cake' Fundraiser'!

Students are able to visit the hall between 8-9am to 'decorate' their own cupcake with icing and assorted lollies.

The cupcakes will be kept and distributed to the students at Lunch 1.

Cakes will cost \$2 each.

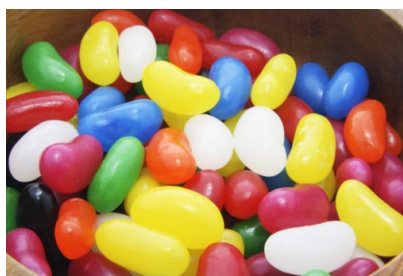
Please support this valuable service for Chertsey!

Many Thanks

Alex Wastell



\$2



\$2



www.candybarsydneyn.com.au

\$2



FOOTSTEPS DANCE PROGRAM

As part of sport this term, students in Years 3-6 will participate in a dance program for the 10 weeks, run by a professional group called Footsteps Dance Company. As in previous years, students will be taught a variety of contemporary dances in a fun atmosphere, which will improve their confidence and coordination. Dance is also part of the PDHPE curriculum and is best taught to the students by teachers with expertise in this area. We strongly encourage participation in this quality program, as it will form the basis for our Year 6 farewell celebration disco at the end of this year.

The cost of the program is \$35 for the 10 sessions, payable as a one-off payment, or as instalments of \$4 per week. All Primary students received a second note about this program last week. Please return the permission slip, together with the appropriate payment in a labelled envelope to your child's class teacher as soon as possible. Participation in this program also benefits our current and future Year 6 students as Footsteps runs the disco at the Farewell each year free of charge.

Sport for Years 3-6 will remain Friday mornings in Term 4. Students not attending the professionally run Footsteps sessions will participate in similar traditional dance activities.

Year 3-6 Teachers

SOUTHERN CENTRAL COAST INVITATIONAL BALL GAMES CARNIVAL

On Friday 28th October (next week), our primary students will compete other schools in our sports zone at a ball games carnival. All students will receive a second note about the carnival last week. This is an exciting event that allows our students to have a go competing against other schools whilst working together in a team.

Date:	Friday 28 th October, 2016
Venue:	Ettalong Oval (corner Maitland Bay Dr and Fassifern St, Ettalong)
Time:	9:30am – 1:45pm
Cost:	approximately \$15 per student (which includes carnival entry and bus transport)
Entries:	Due ASAP

Our school is invited to enter teams into all events as follows:

Captain Ball	2x junior boys' teams 2x junior girls' teams 2x senior boys' teams 2x senior girls' teams	Tunnel Ball	2x junior boys' teams 2x junior girls' teams 2x senior boys' teams 2x senior girls' teams
Overs & Unders	2x junior boys' teams 2x junior girls' teams	Tug-o-war	1x senior boys' team 1x senior girls' team

Please ensure the permission note and money is returned to your child's class teacher as soon as possible so that teams can be organised.

Mrs Scott

YEAR 6 MINI-FAIR – TERM 4

This term, the Year 6 students will hold their annual school fundraiser, the Mini-Fair. If you have any items that may be used as prizes for participating (for example: McDonald's 'Happy Meal' toys), please send them in to school to Mrs Kate Currie. If you know anyone who may be able to donate larger prizes for our raffle, please contact Mrs Scott who can arrange for a donation letter to be sent to the person / business. Thank you for your support of our fundraising efforts and we look forward to a fantastic afternoon of fun!

Stage 3 Teachers



Erina Learning Community presents the first ever Creative and Performing Arts Festival at Erina High School on 7th and 8th Nov 2016!

Do you have a child from Chertsey PS performing as part of the choir, dance group or drumming group?

If so, be sure to purchase tickets for any one of the three shows, before they sell out! Go to:

www.stickytickets.com.au

now to secure your tickets.



2016 YEAR 6 MINI FAIR

**TUESDAY 15TH
NOVEMBER 2016**
**CHERTSEY PRIMARY
SCHOOL**

MORE INFORMATION
COMING HOME SOON

**MASSIVE RAFFLE
SAUSAGE SIZZLE
GAMES & ACTIVITIES**

SOCK WRESTLING
WATER BOTTLE FLIP
FACE PAINTING
OBSTACLE COURSES
CAPTURE THE FLAG



Young, Black & Ready for School

For children starting school in 2017 at the following schools:

Avoca PS, Brisbania PS, Central Mangrove PS, Central Coast Adventist, Chertsey PS, Copacabana PS, Erina Heights PS, Glenvale, Gosford PS, Gosford East PS, Holgate PS, Holy Cross, Kariong PS, Kincumber PS, Kulnura PS, Lisarow PS, Narara PS, Niagara Park PS, Ourimbah PS, Peats Ridge PS, Point Clare PS, Pretty Beach PS, Somersby PS, Terrigal PS, Valley View PS, Woodport PS, Wyoming PS

Wednesday 16th November 2016

Erina Centre, Erina Fair 10am—2pm

Register your interest with:

Tracey Burraston

Tracey.burraston2@det.nsw.edu.au

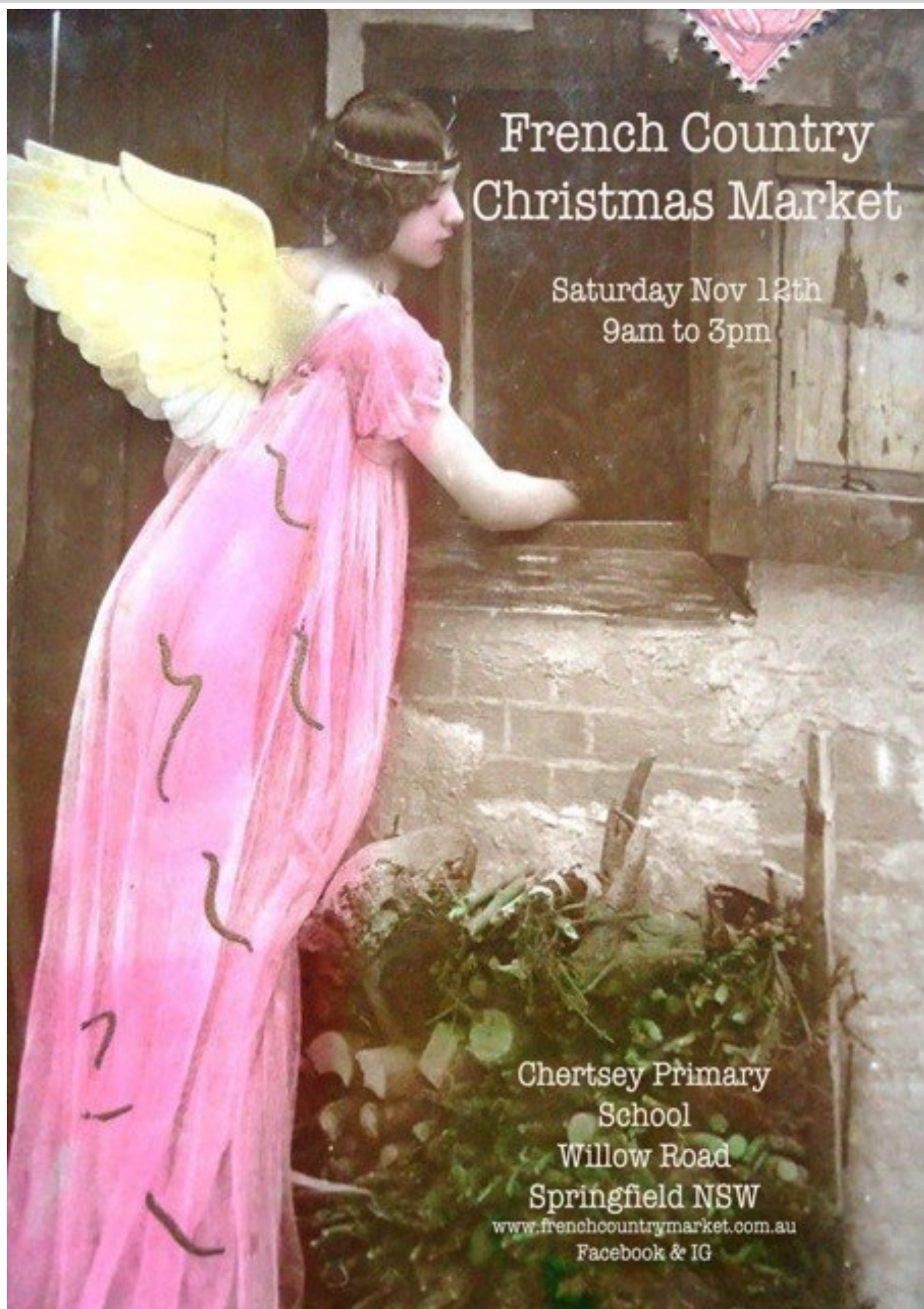
Ph: 4348 9133

- **Health & Transition Information for your child starting school**
- **Free School pack for kids & Parent pack full of helpful information**
- **Enjoy a great lunch and lots of fun activities**



**Education
Public Schools**





Merit Awards

Kobe	KS	Declan	2/3M
Dustin	KS	Chloe	3/4M
Diesel	K/1A	Kiarnie	3/4M
Elizabeth	K/1A	Alyeska	4/5S
Noah	1G	Blayke	4/5S
Kayden	1G	Tate	K-6D
Jazmyne	K-6T	Jye	3-6G
Xavier	K-2F	Kayla	5/6S
Ashler	2H	Eleanor	5/6S
Clare	2H	Ivy	5/6B
Eva	2/3M	Madison	5/6B
Chase	Library	Jye	Library
Tahlee	Reading	Lucia	Auslan
Jesse	Auslan		

Assembly times

K-6: Friday – Even Weeks
From 1:45pm – 2:45pm

K-2: Wednesday – Odd Weeks

From 9:15am – 9:45am

School Canteen

Our School Canteen is now open on:

Wednesday

Thursday

Friday

P&C

Meetings are held every second Tuesday of each month at 6:30pm.
All Parents are welcome.

Hire

School Community Hall and Chertsey Community Cottage for hire to the public. Please see Office for further details.

Dates to remember:

Mon 24 & Tues 25 October	Red Cross Cake Fundraiser
Friday 28 October	Ball Games Carnival Yrs 3-6 Deaf Picnic Day
Thursday 3 November	Stage 2 Oz Tag
Friday 4 November	ObstAcool-A-Thon
Sunday 6 November	Central Coast Kids Day Out - Kariong Mountains H.S.
Monday 7 November	ELC Festival 6.30pm Festival rehearsal 9.30-1pm
Tuesday 8 November	ELC Festival 10.30am @ Erina H.S. ELC Festival 6.30pm
Saturday 11 November	French Markets
Tuesday 15 November	Year 6 Mini Fair
Thursday 17 November	Stage 3 Oz Tag

CHANGES TO ADDRESS OR CONTACT DETAILS

Please notify the school as soon as possible if there has been any changes to contact details, address and phone numbers etc.

ADMINISTERING MEDICATION AT SCHOOL

Dear Parents/Guardian

When medication is needed to be administered at school it is a departmental requirement that a form be filled out before we are able to administer the medication. Please see the office staff for a form when needed.



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BOOT CAMP

MONDAYS @ 9:30AM WITH
TRAINER SARAH!

Our Boot Camp is a specifically designed exercise group for all mums and dads of Chertsey! Consists of Boot Camp style training catering for all fitness levels. Includes HIIT and body weight and combined weight training. Designed to help take your fitness to a new level.

WHERE TO MEET

Meet at Chertsey Main Hall in the middle of Chertsey Primary school grounds.

ONLY \$12! (\$2 donated back to school!)

Mums & Bubs

FRIDAYS @ 10AM WITH
TRAINER KYLIE!

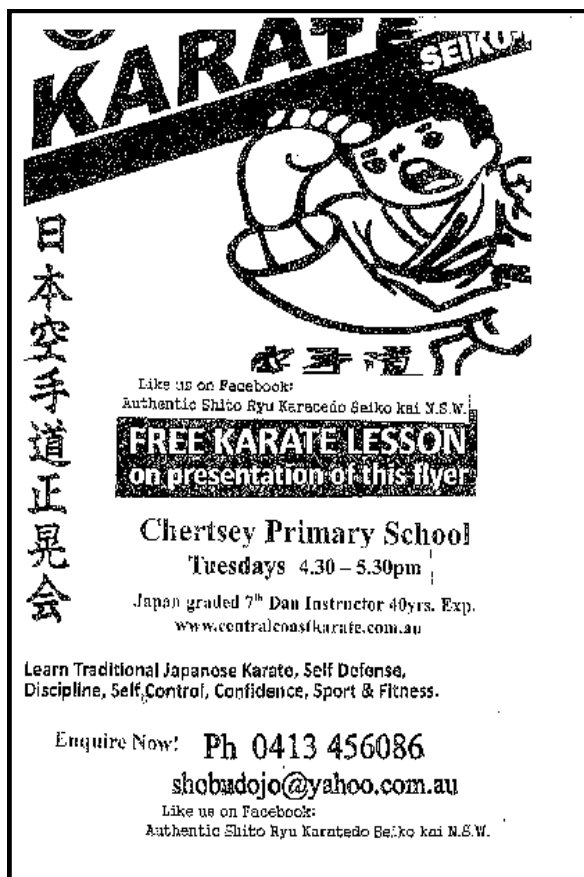
An exercise group specifically designed for new mums. Aimed at building strength, trimming and toning. Bubs and Tots included in the exercises making for a fun and interactive experience!

WHERE TO MEET

Meet at the rear of the Community Cottage on Chertsey Primary school grounds.

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Level 5,
131 Donnison Street
GOSFORD NSW 2250

www.brazelmoorelawyers.com.au
bml@gosfordlaw.com.au



The UNIFORM SHOP is located in the cottage opposite
the car park

Open on THURSDAY MORNINGS from 8:30am until
9:00am

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damages of any kind arising out of use,
reference to, or reliance on any
information contained within**