

Chertsey Primary School

Growing and learning for academic success



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Term 4 Week 6 Newsletter

Tuesday 15/11/2016



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



Chertsey Primary School once again hosted the French Country Markets on our grounds last Saturday November 12. The gate entry fee collected goes towards our Support Teachers to assist in all of our classrooms. The staff here at Chertsey kindly give up their own time to man the gates and I would like to thank all of the teachers and support staff who gave up their weekend to support this.

Thank you to all the families who have sent in donations and sponsorship money from our ObstAcool-a-thon. All money is due in by Friday November 24 and the winners will be announced on Friday December 2. It certainly was a fabulous day and even though it was extremely hot the children had a great time and kept going in order to complete their laps. Thank you to the families who helped out on the day.

Our dance group, choir and drumming group all performed last week at our Erina Learning Community Creative and Performing Arts Festival. This was held over 2 days with 3 shows at Erina High School. The children had a fabulous time and I would like to congratulate them on their wonderful behaviour. We had many staff come along and help out both nights and I would like to thank them for giving up their time to support our school. Many thanks go to both Mrs Blumer and Miss Gay who were instrumental in putting together the show and working closely with the committee from all schools to ensure this was a success. Thank you to all of the parents for getting your children organised and to each show on time.



The year 6 farewell is not long away and our team of parents are busy organising the night. If you are available to help out before or on the night please contact your child's teacher. Our final committee meeting will be held today at 3pm in the library where the menu will be finalised and theme decided on. Invitations will come home next week.

The mini fair was held today and the staff and students involved have worked very hard ensuring that this day was a success. There were lots of excited children and money raised from the fair will go towards the year 6 farewell, surf fun day and gift for the school. Thank you to all of the Year 6 children for getting yourselves organised and to the parents for your support. A special thank you to our stage 3 teachers, Mrs Blumer, Mrs Scott and Ms Scott and Kate Currie for all their hard work.

Swim Scheme begins next week and runs over a 2 week period. Thank you to the parents who have enrolled and paid for their children. Details will be sent home to those children involved. Mrs Hynes has done a wonderful job coordinating this program.

Our Headstart program finishes this Thursday followed by our graduation ceremony on Thursday November 24. It has been wonderful meeting our new kindergarten children for 2017 along with all of the families. We are very much looking forward to having you here at Chertsey next year. Thank you to Miss Sewell, Mrs Auinger and Mrs Lerway for all of their hard work organising this program each week ensuring that our children and their families enjoy their first experiences of school.

Big Screen Movie Hire is coming to Chertsey Primary School once again on Thursday December 1. This is a huge inflatable movie screen that we will be set up on the oval just like last year. The evening will commence at 6:30pm with the movie estimated to begin at 7:45pm. The night will begin with some Christmas Carols and a sausage sizzle followed by the screening of our movie.

We would like to invite all of the community to this event so let your friends know and invite the neighbours for a Chertsey Connections evening under the stars. All you have to do is bring a chair or a blanket to sit on. A BBQ will be available but feel free to bring a picnic dinner with you if you prefer to bring your own. Notes will be sent home in regard to costs and the movie showing. We hope to see you there!

Our whole school presentation day will be Thursday December 8, followed by our thank you morning tea in the library. The presentation day will commence at 9:30am in the hall and we would like to invite all of our families to this special event. Students who are receiving a special award will receive a letter from their teacher.



Friday December 16 is the last day of school for everyone. The year 6 will have a final assembly and guard of honour at the end of the day. More information will come home closer to the date. Our school will be non-operational on Monday December 19 and Tuesday December 20 as our staff including Support and Administration staff has been involved in many hours of staff development during the year on weekends and after school hours in lieu of these 2 administration days.

Our last P&C meeting for 2016 will be held on Tuesday December 13 in our staffroom at 6:30pm. Everyone is welcome. There will be no day time P&C meeting on the Thursday as this is our Presentation Day assembly.

Toni Skinner

Principal

SCHOOL SWIMMING SCHEME –begins next week Monday 21 November for children in Years 2-4. If you would like your child to participate could you please return the permission note and money to the class teacher this week.

A note will go home this week for those children attending to outline what they need to bring and times.

Thank you

Sharon Hynes



Cancer Council NSW 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, marsh 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

Eat It To Beat It

Cancer Council NSW Nutrition Snippet

The simplest way

...to reduce your cancer risk.

Latest evidence shows that 1 in 3 cancer cases are preventable through a number of lifestyle changes. Cancer Council NSW has launched a new campaign which is addressing for the first time all the ways in which people can reduce their cancer risk through healthy lifestyle choices – which will directly help to reduce the number of cancer cases diagnosed in the future.

There are clear things that people can do to stack the odds of preventing cancer in their favour:

- don't smoke;
- protect themselves from the sun;
- achieve a healthy weight;
- cut down on alcohol;
- cut down on red and processed meats;
- eat more fruit and vegetables;
- be physically active.

For more information visit: www.1in3cancers.com.au
www.eatittoBeatit.com.au or join us at facebook.com/eatittoBeatit

Eat It To Beat It

Cancer Council NSW Nutrition Snippet

The simplest way

...to protect your skin.

Did you know? Wearing sun protective clothing is one of five ways to protect your skin from ultraviolet (UV) radiation.

To optimise your Sun Protection, choose sun-safe clothing:

- Shirts with collars or high necks, and sleeves;
- Longer length pants, shorts or skirts which reach below the knees;
- Loose fitting clothing of a dense weave;
- Dark coloured clothing, which absorb UV rays and prevent them from reaching the skin, more so than lighter colours;
- A sun safe hat (broad-brimmed, bucket or legionnaire style) to protect the face, neck and ears.

Protecting your skin in spring: UV rays are high enough to damage your skin, even on cooler days in spring. So don't rely on temperature to work out whether to protect your skin. **Slip, slop, slap, seek and slide** when UV levels are 3 or higher.

To help keep your kids safe, check your schools SunSmart status by heading to www.sunsmarter.com.au

SUNSMART



Year 6 Agency Visit

Did you know that every year we have the local agency's that service our youth, visit our school? This Year we had Central Coast Youth Services, Headspace and Regional Youth Support Services (RYSS) come and talk to our year six students about the local services available to them. Lots of information about local activities and events are introduced and talked about that your child can be involved in. If your child is in year six ask them about it! Or Check out the links below! Love Donna Knee (School Chaplain)

<http://www.gosford.nsw.gov.au/community/services/youth-services>, <http://ryss.com.au/>. <https://www.headspace.org.au/headspace-centres/headspace-gosford/>

REVERSE SANTA

DON'T FORGET TO BRING IN A GIFT!!

Our school will again be holding Reverse Santa for children less fortunate than those at Chertsey.

Students are asked to bring in a gift any day up until Thursday 9th of December, Santa will collect the gifts and place items under the Christmas tree in the Library. The gifts do not need to be wrapped, but if your gift is wrapped please indicate boy or girl and child's age.

SANTA IS COMING!

In appreciation of your support. Your generosity for our previous Reverse Santa has been very much appreciated.

Our designated Charity is Coast Shelter. <http://coastshelter.org.au/index.html>

Everyone have a great week



summer fest 2017 JAN 2-6

a school holiday event
that's fun for kids...
and relaxing &
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www.sfest.org

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There's more to explore at the Canyon of Savings.

Congratulations to all School Banking participants who have qualified for the Term 3 Prize Lights and Grand Prize competitions by displaying consistent savings behaviour. Will your child be the one to meet Robert and Bindi Irwin on a VIP visit to Australia Zoo? The Grand Prize winner will be posted at commbank.com.au/schoolbanking on 17 October. The Prize Lights winners will be posted on commbank.com.au/prizelights from 19 October.

Remember, there are more rewards before our Outback adventure is over. School Banking is releasing two Term 4 reward items that are sure to keep students saving. After completing 10 deposits, your child can redeem a Bush Fly Fan or a Wiggly Glow Worm.

Add to your child's financial literacy

While School Banking aims to make money skills more fun and engaging for your child, you can further fuel that interest at home. For example, have you explained the difference between needs and wants? A simple way to demonstrate this is to get them to help write your shopping list, placing the "needs" and the "wants" into separate columns. Then let your child find each item at the shops and tick it off their list, to reinforce the idea.



That's one of many educational tips you'll find in three new videos we've added to The Beanstalk. These short videos cover easy ways to help teach smart money management to your kids. To watch them, and to discover other insightful articles and activities, go to commbank.com.au/beanstalk



Bush Fly Fan



Wiggly Glow Worm

Activity: Outback checklist

As the Dollarmites prepare for their trip home through the Outback, they need to buy supplies for the road. Can your child help them work out what will be essential and what are treats they can do without? All they have to do is organise these items into "needs" and "wants". Then add up the price tags of the wants to figure out how much the Dollarmites would save by only buying the needs.



Commonwealth Bank of Australia ABN 48 123 123 124
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CENTRAL COAST



FAMILY SUPPORT SERVICES

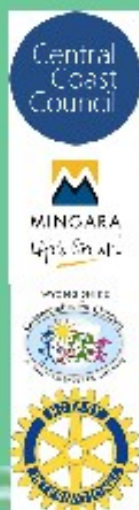
Grandparents Raising Grandchildren

Scales and Tales Family Fun Day

Sunday 27th November

AUSTRALIAN REPTILE PARK

Proudly supported by:



Please come celebrate with us at the Grandparents Raising Grandchildren Family Christmas Party.

It essential to call Central Coast Family Support on 4340 1585 to get your ticket number (you will not gain free entry without a number).

Lunch provided. From 10.00am in the covered picnic area (next to Elvis crocodile swamp).



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:

| | |
|---|------------------------------------|
| Thursday 17 November | Stage 3 Oz Tag |
| Monday 21 November to Friday 2 December | Swim Scheme |
| Thursday 24 November | Headstart Graduation |
| Friday 25 November | Greenhouse Awards -Laycock St |
| Thursday 1 December | Xmas Movie Night/Carols |
| Friday 2 December | Surf Fun Day Stage 3 |
| Thursday 8 December | Presentation Day K-6 |
| Monday 12 December | Year 6 Farewell Terrigal Surf Club |
| Thursday 15 December | Stage 3 Splash Day |
| Friday 16 December | Year 6 Farewell Assembly |
| | Last day of Term |

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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Our fitness classes
are here for *you.*

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.

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

www.thfstudio.net.au



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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

Chertsey Primary School is not responsible
for, and expressly disclaims all liability for,
damages of any kind arising out of use,
reference to, or reliance on any
information contained within