



Inspiring excellence together

BULLETIN

TUESDAY OCTOBER 22, 2019

From The Principal's Desk

What's On			
Date	Activity	\$	Note
14.10.19 - 25.10.19	Swim School Yr 2	Closed	✓
23.10.19	Kindergarten 2020 Orientation	X	X
23.10.19	Awabakal Excursion Stage 2	Closed	✓
28.10.19	Have A Go Day - WHS	X	

Welcome to Term 4. The students have all returned with a smile on their faces, ready to embrace what is ahead this term. Very soon a curriculum overview for this term will be sent home to inform parents of the content to be covered during the term. We hope that these overviews provide helpful information to parents about the curriculum.

Playground Fun

Whilst our focus as teachers is to teach the curriculum, we also know that intellectual development goes hand in hand with social, emotional and physical development. We also value our positive and inclusive school culture. With this in mind, we have ensured that 'play time' at school is fun and there are lots of options to engage the interests of all students to facilitate the development of social, emotional and physical skills, resilience, relationships, and to encourage creativity. Currently, the options that we have available are:

- Gardening
- Outdoor games
- Use of sporting equipment
- Library
- Lego
- Outdoor drawings kits
- Outdoor construction toys

Soon to be added to this is a nature-based play area. We have a wonderful group of parents who have been active in supporting this in our school. This group and myself met with Niki Buchan, a local early childhood natural learning consultant, to provide us with some advice of how to establish this in our school. From there we have developed a draft plan. Previously we have discouraged students picking up sticks for the purpose of avoiding injuries, but the natural items that we have in our school playground have the potential of becoming great resources for creative play. So this week we have discussed with the students how sticks can be used safely in our playground for building bridges, shelters etc. We have set some boundaries of 'nature items in nature areas' and stick movements should be below waist height and are not to be used for dramatic play. The next step will be to introduce some tyres, small rocks and logs, crates, pipes etc to a playground area that will be defined as the nature based play space. Before this next step occurs, we will inform families of the strategies that the school has put in place to minimise any risk to students.

Selective High Schools

Please see below important information about selective high school applications for Year 7 2020 (current Year 5).

- Applications for Year 7 entry to selective high schools in 2021 must be made online between October 8 2019 and November 11 2019. Late applications will not be accepted.
- Parents must apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>
- All applicants are required to sit the Selective High School Placement Test to be held on Thursday March 12 2020.

Have Your Say on Before and After School Care

The NSW Government is committed to providing before and after school care to all students of public primary schools in New South Wales. As part of the reform, a parent web form has been established by Service NSW that will enable parents to tell the department about their specific care needs and to stay up to date with any new developments.

The information provided by parents will help the Department of Education to understand your needs, give them insights into where there are gaps in service delivery and help to ensure the extra places are delivered where they are required.

Have your say today at <https://www.service.nsw.gov.au/basc>.

Community Connections

Before the holidays we were very excited to have a visit from the children from the Whitebridge Preschool. These little friends walked from the preschool to our school and enjoyed some time in our garden/outdoor leaning area and then had their morning tea under our COLA. Mrs Turner and their older siblings spent some time with them and KB performed their concert item for them also. Some of these visitors will be attending our school next year. We really enjoyed this visit and we hope that it will happen again in the future!

Kindergarten 2020

We are looking forward to welcoming new and 'old' families to our school on Wednesday for the first Kindergarten Orientation visit. This is an exciting time for parents as they get ready to send their little one off to school for the first time. Our Year 4 buddies are excited about meeting a new friend and helping them settle into school. Thank you to Mrs Highland and our kindergarten teachers for organising this program and the P&C for their support and assistance.

Chinese Language Lessons

This term Whitebridge HS have organised a Chinese teacher to teach our Year 6 students about the language and culture of China. We are excited to be able to provide this cultural experience for our students. The lessons started last week and will continue fortnightly for the rest of the term.

School Activities and Payments

Please remember to take note of the payment instructions that are included on our permission notes for activities that are planned in the school and for excursions beyond the school. Thorough planning is needed to ensure that these experiences are optimal for the students and that the operational effectiveness of the school is not compromised. The staff are focused on providing families with as much notice as possible for school events and activities, particularly those that require payment. It is important that payments are made by the deadline identified on the note, to assist with our planning. If families need assistance with meeting deadlines due to financial difficulties or other circumstances, please contact the school.

Have a great week everyone.

Michelle Unterrheiner

Principal



Tree of Values

Together as a school, we have started Term 4 taking a closer look at our school value *excellence*.

Excellence involves striving for the highest personal achievement in all aspects of schooling and individual and community action, work and life-long learning.

Last week we encouraged our students to assert that they can do hard work. We discussed approaching challenges with confidence and the determination to achieve their best.

This week we will remind our students to explore a 'never give up' attitude and how determination and consistency can help achieve excellence.

We encourage students to keep earning smiley awards for demonstrating our values here at school and to acknowledge the excellence they see in others here at school each and every day. Look around and tell others when they are doing well - our tree is a celebration of our wonderful school and our students demonstrate excellence in many ways.

We hope you can have a discussion at home about attempting hard work with a never-give-up attitude!

Thank you so much for your support in our valuable program.

Mrs Lloyd, Mrs Bell and Mrs Bailey

Library

To all, welcome back! It's hard to believe that this is the last term for 2019, how time flies!

There is approximately four weeks to go until the CEPS Book Fair. Thursday November 21, from 8:00am to 2:00pm – what a great day it promises to be.

Due to popular demand, Scholastic Books will be supplying the books and I'm sure that every student will be able to find a book/s that will not only suit their interest and passion, but also their pocket. This is a great opportunity to encourage in your child a love of books and a love of reading by supporting our annual Book Fair. Why not come along and do some early Christmas shopping – books make excellent gifts!

Save this date in your diary: Thursday November 21

Mrs Donna Reinhard
Librarian

Quality Education Awards

TERM 4	WEEK 2
K/6A	
K/6C	
K/6T	Angus
KB	Lucia, Max
KM	Flynn, Ella
K/1T	Kobe, Jireh
1H	Cohen, Josie
2C	Alice, Ayla
2F	Kye, Evie
3L	Harlem, Chelsea, Taylor, Jaden
3/4B	Rhianna, Dane
4N	Eddie, Billy
4/5L	Olivia, Jye
5/6H	Jessica, Sharni
6L	Lucas, Evelina
Library	

Values Awards

TERM 4	WEEK 2
K/6A	
K/6C	
K/6T	Memphis
KB	Evie N
KM	Hazel
K/1T	Sam
1H	Alba
2C	Rafael
2F	Louie
3L	Sienna, Keesha
3/4B	Charlie
4N	Claude
4/5L	Blake
5/6H	William
6L	Regan

A terrian so terrific and tropical.
 Dangerous and deadly outbacks,
 Beautiful clear beaches.
 Colourful and clear sunsets.
 Hot and horrendous nights.
 What a bittersweet
 Place to Live.



Australia

Empty hot deserts

Enormous venomous snakes and spiders
 Small dangerous animal big ones too
 Massive rocks like our big sunburnt rock uluru
 oldest features too like the Great Barrier Reef
 Dangerous paradise waiting to happen
 Its called Australia my home, always and forever



4N Poems

An ocean so clear and alive,
 A wildlife paradise and nightmare,
 hot and venomous mainland,
 dangerous and loney outback,
 crafty and bossy people,
 brilliant and unknown creatures.
 coral so beautiful and incredible

A Paradise so dry and sparse,
 more than a sacred country,
 Ayres ROCK so big and chgrgy
 Like a meteorite.



This term 4/5L are focusing in on persuasive writing and creating powerful paragraphs that convince their audience to the author's point of view.

Last week our topic was:

“Should students get paid \$150 per hour to attend school?”



Should you suffer homelessness and are poor because of your greedy monster? Do you want to get tonsillitis from your child going to school? Do you not want your child to not be properly educated? There are lots of reasons why kids should not be paid \$150 per hour at school. I firmly believe that students should not be paid \$150 at school. My powerful arguments are kids will get greedy and they will not

listen because you are paying them to be there not to listen, the kids will have less sick days which means more people getting sick and then they will demand more for being there sick, kids NEED education not money and finally if kids have money they won't work which means factory will shut down.

By Phoebe

Kids should not be getting paid \$150 per hour because the government should be putting it into roads and filling in potholes. I feel this way because there's too many potholes and they can cause injuries or even death. For example, what if my amazing teacher ran over a pothole in his car and he flipped over and over not only will he be blind but would've lost his legs. This accident will not happen if the money is put into potholes rather than pay kids to go to school. By Zac

Have you thought of how this will affect the school budget and financial stability? It would affect it in multiple ways such as, the school would not be able to provide excursions and other fun activities. Like, swimming lessons, going to the zoo, Canberra, Great Aussie Bush Camp, The Powerhouse Museum and lots more. This would also affect you as the school will seem longer every day due to the significant decrease of excursions and other fun opportunities for all students. Think about it, every student getting paid \$900 dollars a day.. That is more than some people get paid a week. The Australian dollar would be worth nothing. By Olivia

Firstly kids don't deserve \$150 per hour because the department of education will lose lots of money and they have better things to pay for like donating money to cause where it helps kids afford school, fix roads, get more equipment for school and to build more schools. I strongly feel this way because my education is important and I want the best education I can get but the department of education will be wasting it on giving kids money to go to school even if they don't deserve it. That's why I think kids should not get paid \$150 per hour. By Jye

What do you think?

By 4/5L

Uniform Shop

The uniform shop is all stocked up with your summer uniform needs. We are open every Tuesday and Friday throughout the term from 2.30 until 3.10pm.

Leila Finch and the Uniform Committee

P & C Update

Welcome back everybody, I can't believe it's the last term. We hope everyone had a lovely holiday. This term is going to be a busy one!

Our CEPS Christmas Party will be held Friday December 13, 5.00 - 8.00pm at the school. This is a family friendly, and alcohol free event. Live music, market stalls, food and drinks, inflatables, and maybe even a visit from Santa! An event not to be missed.

Our Silver Coin Fundraiser will be happening until Friday November 1. Send in that loose change to the classroom for your child to place in a class jar. The class with the most money raised will win an ice cream party.

Our amazing fundraising team has put together a fabulous Colour Dash to be held Sunday November 17. This is a family friendly event, and the best thing is that 100% of profits will go towards equipment to enhance the multicat playground for our students to enjoy a great learning and play area, and expand their opportunities. A huge thank you to Hannah (a big sister to a CEPS student) for getting this fundraiser up and running.

Keeping up to date with your P&C events and activities:

To keep updated with school information, download the Skoolbag app. Any information sent through the app is delivered by the school, which includes information on behalf of the P&C.

Join our Facebook page '*CEPS group to post info & questions*' P&C, uniform shop, P&C fundraising events, as well as other parents, all post updates and queries on this page daily.

Thank you to those who attended our recent P&C meeting. Our next meeting will be held on Tuesday November 19 at 7.00pm in the staff room. P&C meetings are held once a month, and sub-committee meetings as needed. All welcome to attend these meetings at any time. If you have any ideas or would like to join a committee please let us know by emailing pandc@ceps.org.au

P&C looking ahead:

P&C meeting, Mini markets, Colour Dash, Christmas Party, Silver Coin Fundraiser

Thank you for all of your continued support

Emily Baker
Vice President P&C

Lunchbox Café News

Welcome to Term 4! We hope that everyone enjoyed the break. Term 4 is such a busy term, we have locked in a few dates for you to put on your calendar.

This week is salad tub week. If your child orders a salad tub between Monday October 21 and 25, they will go into the draw to win a free lunch. The winner will be drawn on Monday October 28 at assembly.

Cont ...

Our first Fresh Food Tuesday will be on Tuesday November 5. On the menu will be Cucumber Sushi for recess and a Magic Mexican Bowl for lunch. These will be available for counter sales only. More details will follow in the coming weeks on the Skoolbag App.

To end our busy term we will have a Meal Deal on Thursday November 28. A note will go home about this closer to the date.

Could you please remind your children to put their lunch orders into the box in the office by 9.15am, so orders can be processed in a timely manner.

Leila Finch and the Canteen Committee.

CANTEEN VOLUNTEERS ROSTER	Mon 21 Oct	Tue 22 Oct	Wed 23 Oct	Thu 24 Oct	Fri 25 Oct
	Leila Finch 8.45am – 2pm Victoria Lipscombe 11.30am – 2pm	Jenny Roach 8.45am – 2pm Lisa Baglee 11.30am – 2pm Cake Stall 1H & K/1T	Hayley Deacon Michelle McPherson 8.45am – 2pm Kinder Orientation	Aleashsa Tuckerman Marley Harris 8.45am – 2pm	Leila Finch Kristy Morris 8.45am – 2pm Kayleen Buckton 11.30am – 2pm
	Mon 28 Oct	Tue 29 Oct	Wed 30 Oct	Thu 31 Oct	Fri 1 Nov
	Leila Finch 8.45am – 2pm Nicki Morgan 11.30am – 2pm	Kim McConnell Kara Robb 8.45am – 2pm	Kristie Krainz 8.45am – 2pm Leila Finch 11.30am – 2pm	Katrina D'Alessandro Emma Whittle 8.45am – 2pm	Leila Finch Marney McDonald 8.45am – 2pm Tash Sudgen 11.30am – 2pm
	Mon 4 Nov	Tue 5 Nov	Wed 6 Nov	Thu 7 Nov	Fri 8 Nov
	Leila Finch 8.45am – 2pm Heather Cowling 11.30am – 2pm	Jenny Roach Julie Lewis 8.45am – 2pm Cake Stall KB and KM	Leigh Johnston 8.45am – 2pm Leila Finch 10.30am – 2pm	Jody Pavlou 8.45am – 2pm	Leila Finch Cath Hetherington Jada Reid 8.45am – 2pm

Cake Stall

Welcome to Term 4! Thank you to all of the people that provided treats from 1H and K1/T for the cake stall this week. Our next cake stall will be on Tuesday December 3, this will be our final cake stall for the year and it will be our Kinder classes KM and KB.

Leila Finch

School Garden

If you have any unwanted Woolworths Discovery Gardens at home, the CEPS Garden will happily take them off your hands and love them to life. Please drop them to KB classroom or directly to Maree Turner.

Thank you!

SCHOOL UNIFORM ORDER FORM

Please ensure you enclose the correct money and/or cheque and return to the School Office.



Child's Name: _____

Class: _____ Contact Phone Number: _____

ITEM	COLOUR	SIZES UNLESS SPECIFIED Youth - 4, 6, 8, 10, 12, 14, 16 Adult - 14	COST incl. GST	QTY	TOTAL
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HAT					
Bucket Hat Royal Blue with Sports colour inside	CIRCLE SPORTS COLOUR Red Blue Green Yellow	PLEASE CIRCLE S M L XL	\$20.00		

GIRLS UNIFORM					
Polo Shirt - Short Sleeve	White	SIZE:	\$25.00		
Polo Shirt - Long Sleeve	White	SIZE:	\$30.00		
Dress	Royal Blue & White Checks	SIZE:	\$45.00		
Skorts	Royal Blue & White Checks	SIZE:	\$35.00		
Warm Stockings, 80% Cotton	Navy	PLEASE CIRCLE 4-6 7-10 11-14	\$10.00		
Long Pants, Fleecy Lines, Elastic Waist	Grey	SIZE:	\$25.00		
Warm Zipper Jacket with Waistband	Royal Blue	SIZE:	\$45.00		

BOYS UNIFORM					
Polo Shirt - Short Sleeve	White	SIZE:	\$25.00		
Polo Shirt - Long Sleeve	White	SIZE:	\$30.00		
Shorts, Gabardine	Grey	SIZE:	\$20.00		
Long Pants, Gabardine, Elastic Waist	Grey	SIZE:	\$25.00		
Warm Zipper Jacket with Waistband	Royal Blue	SIZE:	\$45.00		

UNISEX SPORT UNIFORM					
Sports Polo Shirt	CIRCLE SPORTS COLOUR Red Blue Green Yellow	SIZE:	\$25.00		
Sports Shorts	Royal Blue	SIZE:	\$20.00		
Sports Shell Jacket	Royal Blue	SIZE:	\$45.00		
Sports Shell Pants with Leg Zipper	Royal Blue	SIZE:	\$25.00		

MISCELLANEOUS					
Logoed Plastic For Notes	Royal Blue	N/A	\$15.00		
Library Bag	Calico	N/A	\$5.00		
Insulated All Rounder Lunch Wallet Black with Coloured Trim	CIRCLE TRIM COLOUR Grey Red Blue	N/A	\$10.00		

TOTAL

CHARLESTOWN EAST PUBLIC SCHOOL – PARENTS & CITIZENS ASSOCIATION
90 James St, Charlestown NSW 2290 T 02 4943 5173 E pandc@ceps.org.au W www.charlestoe-p.school@det.nsw.edu.au ABN 66 410 605 564

SCHOOL UNIFORM



Our school community strongly supports the wearing of the school uniform. We believe that wearing our school uniform promotes self-discipline and helps build school pride among our students.

Uniform items are available through CEPS Uniform Shop, which is located between years 3 and 4 classrooms.

The uniform shop is open every Tuesday and Friday 2.30pm – 3.10pm.

Email: uniforms@ceps.org.au

For orders at other times please download the order form from the school website, or pick up from the office.

Place order and money with the office staff. Your order will be delivered to your child's classroom.

SUMMER



GIRLS

- Tartan School Tunic or White School Polo & Tartan Skort
- White Socks
- Black School Shoes



BOYS

- White School Polo
- Grey Shorts
- Grey Socks
- Black School Shoes

SPORTS UNIFORM

is worn on a Friday – Green Koalas, Blue Kangaroos, Red Robins, Yellow Swallows



SPORTS

- House Colour Polo
- Royal Blue Sports Shorts
- White Socks
- White Joggers

WINTER



GIRLS

- Tartan School Tunic or White Polo with Tartan Skort or Grey Pants
- Royal Blue School Jacket or Jumper
- Navy Stockings
- Black School Shoes



BOYS

- White Polo
- Grey Long Pants
- Royal Blue School Jacket or Jumper
- Grey Socks
- Black School Shoes

UNISEX

- White Polo
- Royal Blue Shell School Jacket
- Royal Blue Shell School Pants
- Black School Shoes

SPORTS UNIFORM

is worn on a Friday – Green Koalas, Blue Kangaroos, Red Robins, Yellow Swallows



SPORTS

- House Colour Polo
- Royal Blue Shell School Jacket
- Royal Blue Shell School Pants
- White Socks
- White Joggers

HAT

HAVE HAT, WILL PLAY!

School hats are mandatory to support the school's 'HAVE HAT, WILL PLAY' policy.



For students safety It is requested that Jewellery is not worn to school.

Earrings such as studs or small sleepers are acceptable. Royal Blue Hair accessories for girls.

CHARLESTOWN EAST PUBLIC SCHOOL – PARENTS & CITIZENS ASSOCIATION

90 James St, Charlestown NSW 2290 T 02 4943 5173 E pando@ceps.org.au W www.charlestoe-p.school@det.nsw.edu.au ABN 66 410 605 564

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Calendar Term 4 2019					
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 October	21 Silver Coin Fundraiser begins Group Photos	22 <div>← Swim School Yr 2 10.45 – 11.30am →</div> Cake Stall 1H & K/1T	23 Kinder 2020 Orientation Day Awabakal Excursion Stage 2	24	25
3 October / November	28 Have A Go Day WHS – Year 6	29	30	31	1 Silver Coin Fundraiser ends
4 November	4	5 Fresh Food Tuesday Kinder 2020 classroom visit	6 <div>Canberra Year 6</div>	7	8
5 November	11 Torch Test Year 6	12 Life Education Van Silent Disco	13 Life Education Van	14 Life Education Van Book Fair	15 Life Education Van <hr/> 17 Sunday Colour Dash
6 November	18 Life Education Van	19 P&C Meeting, 7pm	20	21 Book Fair Kinder 2020 classroom visit	22
7 November	25	26	27	28	29
8 December	2	3 Fresh Food Tuesday Cake Stall KB & KM	4 Cyber Owls	5	6
9 December	9 School Service at Assembly	10	11 Presentation Day	12 Year 6 Farewell	13 P&C Family Christmas

The simplest way

... to get the benefits of fibre.

Eating enough dietary fibre helps you maintain a healthy weight and digestive system.

High fibre foods include wholegrain foods such as oats and brown rice, fruit, veg, seeds, nuts and legumes such as chickpeas, beans and lentils.



Top tips to increase your fibre intake:

- Choose wholegrain, wholemeal or high fibre varieties of grain foods e.g. bread, pasta, rice, noodles and crackers.
- Fill at least half your dinner plate with vegetables.
- Reduce the amount of meat in recipes and include more vegetables and legumes.
- Have fruit, vegetables, nuts and seeds as snacks.
- Try our [hummus](#) with vege sticks and wholegrain crackers

healthylunchbox.com.au

Good for Kids good for life

HEALTHY SCHOOL CANTEENS

When it comes to healthy eating it is important that kids get consistent messages at school and at home. As part of the NSW Healthy School Canteen Strategy, the Good for Kids team provides support to school canteens to create healthy canteen menus.

How can parents help?

Below are some ideas to use at home that support the NSW Healthy School Canteen Strategy and build positive food habits for life.

- **Swap sugary drinks with water.** For a twist try adding sliced or frozen fruit, herbs or vegetables to the water.
- **Plan meals together** and allow your child to assist in compiling a shopping list, and help with meal preparation and cooking.
- **To add flavour to meals** use your favourite herbs and spices. Spring is the perfect time to plant a herb garden with your kids. Easy to grow herbs include mint, chives, thyme and basil.

For more ideas visit healthyschoolcanteens.nsw.gov.au and search 'parents and friends'







RUNS
Monday 21st October
to Friday 1st November

Bring in your spare
5c & 10c COINS

The class with the
most money wins an
ICE CREAM PARTY!

SILVER COIN FUNDRAISER

CHARLESTOWN EAST PUBLIC SCHOOL P&C

