



Inspiring excellence together

BULLETIN

TUESDAY NOVEMBER 5, 2019

From The Principal's Desk

What's On			
Date	Activity	\$	Note
05.11.2019	Kinder 2020 classroom visit	-	-
12.11.2019	Silent Disco	Closed	Closed
12 - 18.11.2019	Life Education Van : due Wednesday	✓	✓
17.11.2019 Sunday	Colour Dash	-	-

STEM

Each term all of our students participate in a DTT Day (Doing Things Together). This is where our students work in their peer support groups and engage in activities based on a theme. This term the focus was on STEM. All teachers planned a variety of activities for the students to complete in their learning space which was lots of fun! On this day also, we were very excited to have Adrian Dawson, father of Hazel in KM, present a talk to KM and 6L about his STEM work with the CSIRO as part of the STEM in Schools initiative. The students were part of an experiment about redirecting light for energy production and complete a podcast. Mr Pat Conroy also attended in support of this event.



Intensive Swimming Program

This year we were able to access the Swim Scheme coordinated by the Department of Education NSW Sport Office. This is a very cost effective option for parents as instruction is free through this program. Places are limited for this, and as the program largely focuses on learn to swim skills, the staff decided to focus on Year 2 as the grade that is most likely to benefit from this intensive instruction. Well done to Year 2 for their huge effort throughout this program and for representing the school with excellence.

Enrolments 2020

Our anticipated enrolment for 2020 is 312. We are expecting that our staffing plan will consist of 12 mainstream classes and 3 support classes. Please notify the office as soon as possible if your child will not be returning to CEPS in 2020, and likewise, remind any neighbours or friends in our intake zone to contact the office for enrolment in kindergarten as our orientation program has started.

It was lovely to meet our new kindergarten students and their families at the first orientation session on the 23rd October. We have seen them again today at orientation. The Year 4 buddies were very excited to meet a new little friend.

Year 6 Canberra Excursion

Our Year 6 students, accompanied by Mr Lewis, Mrs Turnbull and myself will be travelling to Canberra on Wednesday for the Year 6 excursion. We have a full schedule and some great experiences awaiting us! All updates while we are away will be communicated through the Skoolbag app.

Staff Professional Learning

Over the last few weeks our staff have been learning about the new PDHPE syllabus that is to be implemented next year. Following this, staff have worked in their stage teams to further familiarise themselves and to start writing some units of work in order to plan whole school activities that relate to this new syllabus.

Maintenance Update

The LED sign is ready to install with the final step being the approval of the construction certificate. We are excitedly waiting for this new addition to our playground.

There are a number of projects being planned for our school. We are working closely with the AMU (Asset Management Unit) before work can commence.

- Running track
- Shade sail and artificial turf for support class playground
- Rendered brick entrance fence for Bula Street and James Street entrances
- The Year 6 gift to the school (announced on Presentation Day)

Have a great week everyone.

Michelle Unterrheiner

Principal

Remembrance Day 2019

Dudley War Memorial Trust manager invites the school community to attend Dudley's Remembrance Day Service on: November 11 2019, at Dudley War Memorial (corner of Dudley and Redhead Road). Service Commencing at 11:00 am.

LEST WE FORGET





Tree of Values

Together as a school, we are taking a closer look at our school value *care* this fortnight.

Care involves concern for the wellbeing of yourself and others, demonstrating empathy and acting with compassion.

Last week we encouraged our students to take care of themselves and this week we are looking at ways we can care for others – in the classroom, around the playground and in the community.

Thank you for your support, we hope you can have a discussion at home about the value of care and wellbeing!

Mrs Lloyd, Mrs Bell and Mrs Bailey

Library

STOP PRESS : BOOK FAIR

When: Thursday November 21

Where: CEPS Library

From: 8:00am to 2:00pm

Why: to buy extra resources for our amazing Library

DON'T FORGET THIS DATE!

Mrs Donna Reinhard
Librarian

Quality Education Awards

TERM 4	WEEK 3	WEEK 4
K/6A	Kyrie, Lisa	
K/6C	Ruby, Bella, Oscar	Nathan
K/6T	Angus	Kaydn
KB	Duncan	Maya, Kai
KM	Lachlan, Willow	Olivia
K/1T	Micah, Nicholas	Thomas, Olivia
1H	Alfie, Owen	Bearon, Ella
2C	Mason, Eve	Harper, Paige
2F	Jade, Reece	Amelia, Natarsha
3L	Sienna, Aroha	Eli
3/4B	Cody, Linkin	Jonah M, Tyson W
4N	Mia, Scott	Jacob L, Luka
4/5L	Harmony, Zac	Xyah, Henui
5/6H	Lincoln, Jai	Finley, Milla
6L	At High School Day	Jake, Vanessah

Values Awards

TERM 4	WEEK 3	WEEK 4
K/6A	Bonnie	
K/6C	Wyatt	Aiden
K/6T	Dylan	William
KB	Madix, Wil	Chloe B
KM	Asher, Mika	Joe
K/1T	Kobe	Noah
1H	Cohen	Oliver
2C	Mila	Jordie
2F	Oliver	Talin
3L	Natalie, Kalani	Levi
3/4B	Ivy	Beau
4N	Bennett	Jesse
4/5L	Okyanus	Kane
5/6H	Savannah	Sarah
6L	At High School Day	Braith

KM take on Oakvale Farm!

Last term, KM spent the day exploring and learning more about animals to finish off our Science Unit, 'Paddock to Plate'. We had a fabulous time and thank all of our helpers for making this day so special!



KB : Oakvale Farm 2019

To celebrate and consolidate our learning during the science unit “Paddock to Plate”, Kindergarten spent a day at Oakvale Farm.

A heartfelt thank you to all the parent and grandparent helpers who made the day so rewarding for the children!



P & C Update

Don't miss out on the amazing fundraising event - Colour Dash, being held Sunday November 17. An event for the whole family, this is not one to miss!! Tickets still available!! <http://tix.yt/ceps-colour-dash>.

Keep 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.

CEPS P&C, CEPS uniform shop, CEPS P&C Fundraising events, as well as other parents, all post updates and queries on this page daily.

Don't forget about our ongoing fundraisers:

1. Newcastle Permanent Building Society Introducer Program - For every eligible new home or business loan (over \$100 000), Newcastle Permanent will give Charlestown East \$600. During the loan application process, you just need to mention our school name.

2. Athletes Foot School Rewards Program - When buying new school shoes, or joggers don't forget to visit the Athletes Foot. For every pair of shoes purchased our school receives \$5.00 when you mention CEPS.

3. Rebel Sport - Ask them to link your membership to CEPS and with each purchase a % goes back to CEPS to spend on anything that Rebel stock.

Our next P&C meeting will be held Tuesday November 19, 7pm in the staff room.

P&C meetings are held once a month, and sub-committee meetings as needed. Anyone is welcome to attend these meetings at anytime. If you have any ideas or would like to join a committee please let us know by emailing pandc@ceps.org.au

P&C this fortnight - 5 & 10 cent fundraiser, organisation of fundraising events
P&C looking ahead - P&C meeting, Colour Dash, Mini Markets, Xmas party

5c & 10c Fundraiser – AND THE WINNER IS...

The 5c & 10c fundraiser has now finished and we are excited to announce that 3L are the winners of the ice cream party!

In total we raised \$716.55 so a big thank you to our CEPS community for their generosity and support.

Our top 3 classes were:	3L	\$108.45 (winning by just 95 cents)
	3/4B	\$107.50
	2C	\$88.70



Thank you for all of your continued support

Emily Baker
Vice President P&C

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

Lunchbox Café News

Salad Tub week was held in Week 2. Congratulations to Mila in 2C and Abby in 4/5L whose names were drawn to win a free lunch voucher.

Fresh Food Tuesday was today, we hoped that everyone enjoyed the cucumber sushi and the magic Mexican bowl. Thank you to Julie Lewis for helping today and to Maree Turner for collecting the produce from our school garden to use in these recipes.

Our final meal deal for the year will be held on Thursday November 28, a note will go home soon about this. Please remember to hand meal deal orders in on time as no late orders will be accepted.

Gluten free nuggets are now back in the canteen, students have been very excited about this. Our tenders will now be available for wraps only.

Planning for Term 2020 roster will begin shortly. Many of the current volunteers have let me know when they are available, if you are interested in volunteering again next year, or you wish to volunteer for the first time, please leave your details in the office or pop into the canteen on a Monday and see me.

Leila Finch and the Canteen Committee.

CANTEN VOLUNTEERS ROSTER	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 Kinder Transition Day	Leigh Johnston 8.45am – 2pm Leila Finch 10.30am – 2pm	Jody Pavlou 8.45am – 2.00pm	Leila Finch Cath Hetherington Jada Reid 8.45am – 2pm
	Mon 11 Nov	Tue 12 Nov	Wed 13 Nov	Thu 14 Nov	Fri 15 Nov
	Leila Finch Rebecca Wilson 8.45am – 2pm	Michelle Hammond Susan Rees 8.45am – 2pm	Rebecca Cornish Alison Collins 8.45am – 2pm	Andrew Tiller Beth Curran 8.45am – 2pm	Leila Finch Jenny Ryan 8.45am – 2pm Nicole Hardman 11.30 – 2pm
CANTEN VOLUNTEERS ROSTER	Mon 18 Nov	Tue 19 Nov	Wed 20 Nov	Thu 21 Nov	Fri 22 Nov
	Leila Finch 8.45am – 2pm Victoria Lipscombe 11.30am – 2pm	Jenny Roach 8.45am – 2pm Lisa Baglee 11.30am – 2pm	Hayley Deacon Michelle McPherson 8.45am – 2pm	Aleasha Tuckerman Marley Harris 8.45am – 2pm Kinder Transition Day	Leila Finch Kristy Morris 8.45am – 2pm Jackie Dann 11.30am – 2pm

Cake Stall

Thank you to 1H and K1/T for all of the yummy treats for the last cake stall, we made \$332. Our next cake stall is on Tuesday December 3. This will be the final cake stall for the year and it will be KB and KM turn.

Leila Finch

School Garden

Our garden is now home to some beautiful fruit trees. Thank you to the volunteers who helped plant our new lemon, mandarin, orange, mango and feijoa trees. Hopefully they will flourish and produce lots of delicious fruit in the seasons to come.

On Tuesday November 26, Grades 3 - 6 will be participating in our outdoor planting and activity day. Students will have the opportunity to work in the garden and also participate in a number of nature based activities. If you are available to help on this day or would like more information, please contact me. Grandparents are also invited to volunteer. cepsgarden@gmail.com

As the garden relies heavily on volunteers for watering I would just like to remind anyone who assists to remember that we are on level 1 water restrictions which means no watering between the hours of 10am-4pm, unless tank water is used. These restrictions also apply to your home 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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T 4943 5173 / F 4942 2575 / E charlestoe-p.school@det.nsw.edu.au / W www.charlestoe-p.school.nsw.edu.au

Charlestown East Public School Specialty Group Photographs

Specialty Group Photographs are available online.

Any orders received by Friday 15th November will receive **FREE** delivery to the school if pick up option is selected during online ordering.

Newcastle School Portraits

Capturing your memories for over **29** Years

21 Broadmeadow Rd, Broadmeadow

Hours: 9am-3.30pm Mon-Fri

Closed School Holidays

Email: admin@newcastleschoolportraits.com

Ph: 49 654114

Order online at

www.newcastleschoolportraits.com

and follow the online ordering tabs to
School Specialty Groups

Password: 58024CH

Or ring our Broadmeadow office during school hours

Please note we are closed school holidays

Road Safety – Pedestrian Crossing Petition

Ro Morrison, mother to Edith, Lyla and Scarlett, has created a petition on 'change.com'. The petition has been created to propose a new pedestrian crossing on Dudley Road, near Bula Street and Kalinda Parade. If you are familiar with the area, you would agree that it is a very busy and difficult section of road to cross.

The results of this petition will be presented to Lake Macquarie Council to raise the topic and have the issue placed on their capital works program.

For more information and to join the petition, please visit : <http://chng.it/hX766RBS>



Kiss and Ride

Please be reminded that a Kiss and Ride zone is now located on James Street, outside the school Admin entry.

This is an enforceable parking zone. You may stop to drop off or pick up children for a maximum of 2 minutes. You're required to remain in, or within 3 metres of, your vehicle.

Good for Kids good for life

TURN OFF SCREENS AND GET ACTIVE!

Screens can be great for learning, play and communication, but too much screen time can be unhealthy. Try to sit less and move more.

How can parents help?

- Ensure kids have at least one hour of physical activity a day,
- Limit kids total screen time to less than 2 hours per day,
- Remove TV sets and computers from your child's bedroom,
- Encourage other types of fun that include both physical and social activities, like walking the dog or joining a sports team.



Source: Make Healthy Normal and the 24hour Movement Guidelines

The simplest way ... to pack lunches for kindy kids.

Packing lunch boxes for the first time can be overwhelming. Here are our top tips for new kindy parents:

- Pack something from each of the 5 food groups plus water. Check out our [lunch box builder](#) for ideas.
- Keep foods fresh and safe by packing an ice brick or a frozen water bottle to keep lunch cool.
- Make sure your child can open the lunch box and containers.
- From day 1, make vegetables a habit in the lunch box.
- Remember it is 'OK to say NO' to unhealthy foods such as chips, chocolate and lollies.
- For recipes, snack ideas and lunch box examples visit healthylunchbox.com.au



Calendar Term 4 2019					
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Nov	4	5 Fresh Food Tuesday Kinder 2020 classroom visit	6 <div>Canberra Year 6</div>	7	8
5 Nov	11 Remembrance Day	12 Life Education Van Torch Test Year 6 Silent Disco	13 Life Education Van	14 Life Education Van	15 Life Education Van 17 Sunday Colour Dash
6 Nov	18 Life Education Van	19 P&C Meeting, 7pm	20	21 Book Fair Kinder 2020 classroom visit	22
7 Nov	25	26 Gardening Day Yr 3 - 6	27	28 Kinder: Rainbow Day	29
8 Dec	2	3 Fresh Food Tuesday Cake Stall KB & KM	4 Cyber Owls Yrs 3 - 6	5	6
9 Dec	9 School Service at Assembly	10	11 Presentation Day	12 Year 6 Farewell	13 P&C Family Christmas
10 Dec	16	17 Party Day	18 Last day of School for 2019	19	20