



Inspiring excellence together

BULLETIN

TUESDAY NOVEMBER 19, 2019

From The Principal's Desk

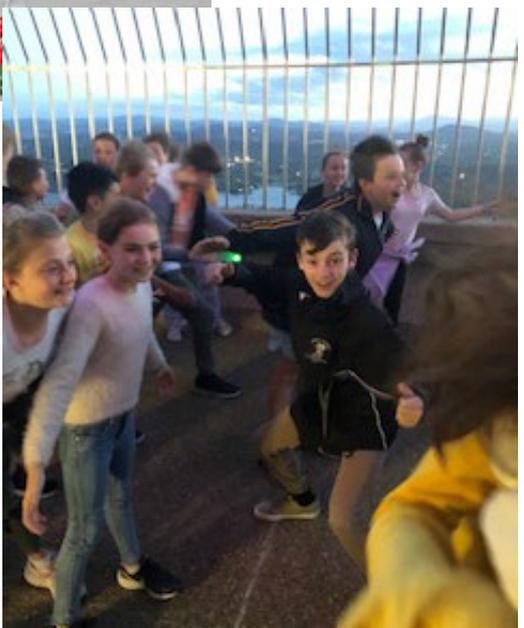
What's On			
Date	Activity	\$	Note
21.11.19	Book Fair		
26.11.19	Gardening Day Yrs 3 - 6		
26.11.19	Silent Disco - rescheduled	closed	
28.11.19	Kinder : Rainbow Day		

Many of our CEPS families had a very colourful Sunday at our first Colour Dash. The weather was perfect for such an event. A very big thank you to Hannah, big sister of Jack in Year 3, for making this happen. Hannah is a young lady who is moving away from Newcastle to pursue her studies next year and wanted to do something for the school before she left. What an amazing effort! Hannah had great support from her family and Cath Hetherington in organizing the day. I thank these people and the other volunteers for committing their time to a great CEPS P&C event.



Remembrance Day

The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. Our school acknowledged this day with a short service held near the flagpoles in the quiet area. Students made poppies and laid them at the base of the Australian flag. Congratulations to our student executive who led the service.



Year 6 Canberra Excursion

Mr Lewis, Mrs Turnbull and myself had the pleasure of accompanying our Year 6 students on the annual excursion to Canberra in Week 4. The students visited the Australian War Memorial where our captains laid a wreath at the closing ceremony. The group also visited Questacon, The Australian Institute of Sport, Regatta Point, New and Old Parliament House, Telstra Tower, Mount Ainslie Lookout and drove through the international embassy district. Our students were great representatives of our school at all times. Well done Year 6!



Student Executive 2020

Those students who are interested in becoming a student executive for 2020 have begun their campaigns and have their posters on display in the library window. The rest of the school have been advised to read them and make note of these people in the playground in preparation for voting for their preferred candidate. The process from here involves the nominees being checked by staff to ensure eligibility and then the candidates will be invited to present a speech to the rest of the school prior to voting on Monday 2nd December. The students have been advised to base their campaigns on our Tree of Values. All the best to the Year 5 students who have nominated themselves for these roles in 2020. As all of our Year 6 students are role models to the rest of the school and carry out many duties with a higher level of responsibility, there will be plenty of other leadership opportunities for those students who are not successful. House Captain elections will occur soon after the student executive have been announced.

ICAS Assessments

Some of our students participated in the ICAS English and Maths assessments last term. The students were presented with their certificates at assembly on Monday. Congratulations to Arlo for receiving a distinction in English and Maths.

Silent Disco

Due to the extreme weather conditions last Tuesday, we made the decision to postpone the silent disco. The new date is Tuesday 26th November. All students who purchased tickets for last week will carry over to next week. Unfortunately due to the short turnaround, we are unable to offer any more ticket purchases. A couple of families have prior commitments and can no longer attend the disco. Because the places at the disco are pre-booked and must be paid for, we will be offering these available places to the first six students who bring their \$8.50 (CASH ONLY) to the office by Thursday. This is a first in first served arrangement.

The K-2 disco is from 6-7pm and the 3-6 disco follows straight after from 7-8pm. So that students can get their headphones promptly and enjoy the whole hour, we ask that parents arrive on time. The changeover between discos will be managed differently to ensure that the 3-6 are also able to enjoy the whole hour. Students will enter in the right hall door and exit out the left door. Due to the style of disco, it is not appropriate for younger siblings to attend the disco. We look forward to seeing the students in their rainbow or neon costumes. Remember they only need to bring themselves as free water will be available and there will be no additional items for purchase.

Inclusion Workshops

As our families are aware, we have within our school, three classes that support students with additional needs. These classes are called multicategorical as there are multiple conditions which present in these children. Within our mainstream classes, there are also students who require additional assistance with their learning, behaviour or social skills. At CEPS we are very good at accepting and including others, but to further support the students' understanding of disability, Mrs Atherton has organised the 'Just Like You program' during Week 7 and 8 for students K-6. The Just Like You program is delivered by Variety Children's Charity and is a series of free and fun disability awareness workshops, which aim to build understanding, acceptance and inclusion of those living with a disability. Just Like You is delivered as two separate face-to-face workshops to three different school stages. Each workshop is tailored to its specific year group and mapped to the curriculum. The workshops will occur in classrooms, supervised by your child's teacher. If you have any further questions or do not wish for your child to participate in this program, please contact your child's teacher.

Have a great week everyone.

Michelle Unterrheiner





Tree of Values

This week we conclude our four week focus on our school value *care*.

We have very caring students at our school and it has been wonderful to notice all the ways they demonstrate this during class and at play.

This week we turn our focus to our annual ***Samaritans Appeal*** with a focus on giving to others when we can. Mrs Burgess is coordinating this drive and we ask that if able, you send along a donation to help create Christmas hampers for those in our wider community who need support at this time of year.

We look forward to more celebrations of our caring students over the remainder of our school year, which is always a busy time.

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

STOP PRESS : BOOK FAIR

Quality Education Awards

TERM 4	WEEK 5	WEEK 6
K/6A	Bonnie	Alex, Kyrie
K/6C		Oscar
K/6T	Kaitlin	Memphis
KB	Chloe A, Parker	Dolly, Lewis
KM	Liam, Mitchell	Orlando, Wilson
K/1T	Maddison, Pia	Tex, Benji
1H	Jess, Tobias	Summer, Milla
2C	Jude, Livia	Laurika, Evelyn
2F	Oliver	Amelia
3L	Bridgette, Xavier	Arlo, Taylor
3/4B	Ivy, Edith	Amelia, Manning
4N	Oliver, Boston	Matilda, Rowan
4/5L	Aniston, Amelia	
5/6H	Kehana	Layla, Jacob
6L	Evie, Ethan	Jye, Lucas
Library	Mia, Boston, Ned : 4N	

Values Awards

TERM 4	WEEK 5	WEEK 6
K/6A	Kyrie	Campbell
K/6C		Ruby
K/6T	Kaydn	Zarlee
KB	Tavita	Madix
KM	Isla D	Chloe
K/1T	Benji	Thomas
1H	Bearon	Ben
2C	Fox	Zara
2F	Oliviah, India-Rose	Louie, Jacob
3L	Cooper	Aroha
3/4B	Matilda	Ava
4N	Jesse	Rhoda
4/5L	Aiden	
5/6H	Cohen	Charlee
6L	Lucas	Lily



2 F

AT WORK
AND PLAY



Welcome to 2C!!



P & C Update

What a morning full of colour!!! Thanks so much to Hannah, Cath and the fundraising committee for all their efforts with the Colour Dash on Sunday. A great day was had by all involved, old and young!! All money raised from this event goes to improvements in the multicat playground.

Keep up to date with all our 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.

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 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 Last P&C meeting will be held tonight, 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 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 this fortnight - Colour dash, P & C Meeting,

P&C looking ahead - Xmas party, Mini Markets, Lunchbox Cafe Meal Deal,

Thank you for all of your continued support

Emily Baker

Vice President P&C

Cake Stall

Our next cake stall will be Tuesday December 3. KM and KB, it's your turn to bring in some treats. This will be our last cake stall for the 2019.

Uniform Shop

The Uniform shop will be open Tuesday and Wednesday this week from 2.30pm until 3.10pm. As well as Thursday November 21 from 9am- 11.30am for the kinder transition morning.

Leila Finch and the Uniform Committee

Lunchbox Café News

Next Thursday is our Christmas meal deal, a beef burrito with a chill J drink for \$6, these are order only; no regular canteen orders will be available on this day. We will have twister frozen yoghurts available for lunch - counter sales.

Meal deal orders close at 9.15am, Thursday November 21, no late orders will be accepted.

Please remind your children to hand their lunch orders into the lunch order box located in the office by 9.15am. We are noticing an increase in late orders, so to avoid disappointment, please be on time.

Rosters for Term 1, 2020 are currently being organising, we need volunteers for Tuesdays and Wednesdays. If you are interested in helping out please pop into the canteen on a Monday or leave your details in the office and I will contact you.

Leila Finch and the canteen committee

CANTEEN 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
	Mon 25 Nov	Tue 26 Nov	Wed 27 Nov	Thu 28 Nov	Fri 29 Nov
	Leila Finch 8.45am – 2pm Nicki Morgan 11.30 – 2pm	Kim McConnell Kara Robb 8.45am – 2pm	Kristie Krainz 8.45am – 2pm Leila Finch 12 – 2pm	Katrina D’Alessandro Emma Whittle 8.45am – 2pm	Leila Finch Norm Smith Greg Nash 8.45am – 2pm
	Mon 2 Dec	Tue 3 Dec	Wed 4 Dec	Thu 5 Dec	Fri 6 Dec
	Leila Finch 8.45am – 2pm Heather Cowling 11.30am – 2pm	Leila Finch Julie Lewis 8.45am – 2pm Cake Stall KM & KB	Emily Baker 8.45am – 2pm	Jody Pavlou 8.45am – 2pm	Leila Finch Marney McDonald 8.45am – 2pm

School Garden

Our Outdoor Planting Day will be held next Tuesday, November 26. During the day each class from Year 3 - 6 will spend time in our garden area participating in a number of fun outdoor activities. If you are available to help out on the day please email cepsgarden@gmail.com.au for further details.

We have a number of white onions and cherry tomatoes ripening nicely at the moment. If you would like any of our produce please contact Mrs Burgess or Maree Turner who can help with a harvest for a gold coin donation. All money raised, including from our garden stalls, is reinvested back into garden supplies.

Having fresh produce in our garden also helps our canteen. A vege patch distance of about 100 metres is a wonderful asset and it has been great seeing so much of the produce being used by Leila Finch and her team of amazing volunteers.

Thank you!
Maree Turner

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

Charlestown East Public School – 90 James Street Charlestown NSW 2290

T 4943 5173 / F 4942 2575 / E charlestoe-p.school@det.nsw.edu.au / W www.charlestoe-p.school.nsw.edu.au

Good for Kids good for life

TIPS TO HELP KIDS EAT VEGGIES

- ADD TO EVERY MEAL**
Stand on sandwiches/sandwiches
Chop up lots of veggies on snacks
Fill half the plate with veggies
- ENCOURAGE YOUR CHILD**
Show them you like eating veggies too
Add veggies to food they already like
Be positive and positive. It takes 10 to 15 times to like a new food
- TRY A VARIETY**
Fresh, frozen, canned, raw or cooked
Different colours
Buy in season
- MAKE HEALTHY NORMAL**
This resource has been developed by the Australian Bureau of Statistics (ABS) and is available on the ABS website.

EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. Most kids eat Fruit each day but they don't eat enough veggies.*

Australian Bureau of Statistics (ABS) National Health Survey, 2014-15

NSW HEALTH
NSW GOVERNMENT

Health
Hunter New England
Local Health District

HNELHD-GoodforKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

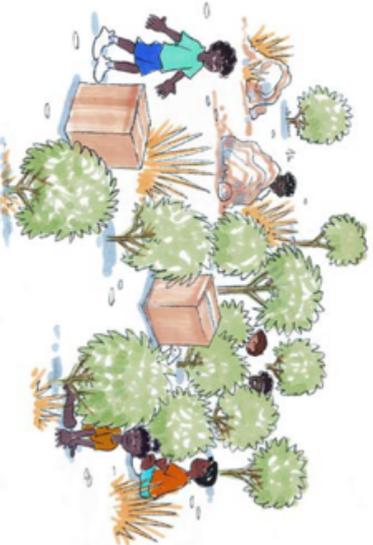
Good for Kids good for life

TRADITIONAL INDIGENOUS GAMES

Looking for fun activities for the kids?

Why not try some **Yulunga: Traditional Indigenous Games**

Thiring-Nunna 'thir-ring-nun-na' is a hide and seek game that is played by the Aboriginal children in Queensland.



One player is the 'seeker' and the other players hide. Once hidden, the players are not allowed to move from their hiding places.

The seeker searches for the hidden players.

When players are found they can help the 'seeker' to find the other players.

Source: Yulunga Traditional Games - sportus.gov.au/yulunga

Calendar Term 4 2019					
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Nov	18 Life Education Van	19 P&C Meeting, 7pm	20	21 Book Fair	22
7 Nov	25 Variety Inclusion Workshops	26 Variety Inclusion Workshops Silent Disco Gardening Day Yr 3 - 6	27 Variety Inclusion Workshops	28 Variety Inclusion Workshops Kinder: Rainbow Day	29
8 Dec	2 Executive 2020 Speeches	3 Canteen : Fresh Food Tuesday Cake Stall KB & KM	4 Cyber Owls Yrs 3 - 6	5 SRE Assembly	6
9 Dec	9 School Service at Assembly	10	11 Presentation Day Mini Fete	12 Year 6 Farewell	13 P&C Family Christmas Night Sports Presentation
10 Dec	16 Talent Show	17 Party Day	18 Last day of School for 2019	19	20

2020 School Term for students begins Wednesday January 29.